

**COLLEGE CAMPUS ONLINE™**



**College Campus Online™**  
**K-12 Enrichment Services**

**College Readiness Student Athlete Guide**

## **1. Admissions Introduction**

Our Promise To You! Our Collegiate Recruiting Center Team will personally track and assist the **Potential General student Body and Prospective Student Athletes (PSAs)** with management of Critical Recruiting Tasks that are needed in order to attain and surpass College Admissions Standards and includes:

- Master Planning/Event Scheduling
- Admissions Research
- Inventory Assessments
- Decision-making:** Early Decision Versus Early Action
- Completing Community Service and Volunteer Hours
- Applying For The Bright Futures Program
- Applying for Take Stock In Children
- Taking Standardized Tests (ACT/SAT)
- Standardized Test Prep Courses
- Pell Grants (FAFSA); Work Study and Student Loans
- The CommonApp Applications
- Summer Jobs Versus Test Prep
- College and University Campus Tours
- Communicating with Admissions and College Coach

We will also make sure that you are updated and armed with the knowledge and/or tools such as Introductory Civilian Recruiting Cover Letters; Sports, Student and Civilian Résumés; Compilation Video; Event and Follow-up Recruiting Cover Letters; and Myths, Secrets and Fact Sheet Training that answer Frequently Asked Questions and provides informative **"One Stop Shop"** instruction and helpful links.

Access to this vital information will give you a competitive Edge/Advantage; is vital and is needed to facilitate BOTH your ability to complete required College Admissions and Recruiting Tasks and attain success. We will be there to assist and help you every step of the way through-out your Collegiate Application and Admissions Process in order



to remove stress from your lives and place your High School Years on **"Cruise Control!"**

Attend our College Campus Online™ K-12 Enrichment Services **College Readiness Expos/Seminars/Training** in order to learn what we already know and teach our clients! Our system is designed to identify The College Admissions Readiness Gap in 1-2 minutes, then to immediately close identified Gaps and prepare you for College Admissions success in 2-4 Hours or Less.

Call (904) 250-6414; 24/7 to schedule your appointment then, sign into my [Personal Zoom Meeting](#) Address and let's have a productive Initial Free Consultation

## **Admissions Master Planning Calendar**

An Admissions Master Planning Calendar/Checklist will power you through the year and keep you on course with your Academic Strategy for the Protection and Improvement of your GPA and Standardized Test Scores.

## **Sync Google Calendar With an iPhone/iPad**

When you sync your calendar on your mobile device, the same events will show up when you use Google Calendar on your computer.

**Getting Started:** [iPhone & iPad](#)

The easiest way to sync your events is to download the official Google Calendar app. If you'd prefer to use the calendar app already on your iPhone or iPad, you can sync your events with Apple Calendar.

**Option 1: Download the Google Calendar app**

1. On your iPhone or iPad, download the [Google Calendar app from the App Store](#).
2. Sign in with your Google Account. Once you sign in, all your events will be synced with your computer.

## Option 2: See your Google Calendar events in Apple Calendar

## Sync Google Calendar With a Phone or Tablet

When you sync your calendar on your mobile device, the same events will show up when you use Google Calendar on your computer.

Getting Started: [Android](#)

### Download the Google Calendar app

1. On your Android phone or tablet, download the [Google Calendar app from Google Play](#).
2. When you open the app, all of your events will be synced with your computer.

I don't see the Google Calendar app in Google Play



Having access to a College Admissions Calendar/Checklist is a must from the very beginning of and during your High School years especially if you would like to compete for College Admissions; Internships; Scholarships and Roster Spots. In each case you are competing against

your peers. Your Student/Student Resumes must stand out! You must make an impact in 8-10 seconds in order to allow you to compete and win!

## Admissions Master Planning Checklist

Narrow down your list to 6-8 colleges. Include 2-3 reach (you fall below their academic profile), 3-4 target (you fit their academic profile), and 1-2 likely (you are above their academic profile). Use a [College Planning Checklist](#) to help you organize your efforts. Click the College Planning Checklist above in order to view just such a form and remember there are many such forms to be found and downloaded on Google and the World Wide Web/Internet. Don't forget to also create and upload your Master Planning iPhone or Android Calendar.

Let's remove Stress out of the High School Equation as early as possible in the process and for us, that begins as early as the 9<sup>th</sup> Grade, Yes, I said 9<sup>th</sup> Grade, but in reality, a Student may possibly need to be protected and/or start in the 8<sup>th</sup> or even 7<sup>th</sup> Grades while in Middle School especially when Colleges "**Come a Calling**" and are making Scholarship Offers early on in the process! T

This is extremely important and once would **NEVER EVER** have been a thought or consideration, but recently Passed NCAA and State Laws now allow Athletes to earn Money based upon and on their **Likeness and Image (NLI)**, hence the Athletics world and landscape has changed overnight, and chaos is everywhere! So, what is stopping Nike from using a Middle School Player for Advertising purposes and especially when 14 year old player are going to Courts and winning decisions to play PRO sports.

Yes, the world has changed! We must all be cognizant of those changes, and we must also be well prepared to best or better protect and serve

our children; their Legal Rights; Socialization Skills Growth and Development; and their Mental and Physical Wellness!

High school juniors and seniors should be allowed to enjoy their High School Years as **Stress FREE** as possible. So, our goal is to place your lives on **Cruise Control** by Identifying College Readiness Deficiency Gaps, then immediately closing those identified and potentially frustrating; devastating and painful Gaps early in the process while scheduling out your College Readiness Tasks in according with positive DCPS College Readiness Progression Critical task Events/Standards

That way, nothing will be forgotten or left out. We are also offering supplemental tips about each step to help plan even further. Since college application preparation is so important, this is a much-needed resource for students.

The Master Planning checklist serves to help each student highlight the college application timeline that tracks detailed deadlines such as when to send applications, request letters of recommendation, send test scores and apply for financial aid, and especially when any follow-ups are necessary.

## **Printable College Application Checklist**

This college planning checklist has all the basics you need to feel prepared. In the first column, list the colleges you are interested in applying to. In the next section of columns, mark or write the date for the early deadline and regular deadline, and then the date your application was sent.

You will also want letters of recommendation, which can be logged in the next set of columns. Usually, you will want a letter from three teachers or mentors. Check that you requested each letter or write the date you received them, or each letter has been sent to the university.

You will also want to contact your school counselor and request your high school report and transcript. It's also common courtesy to send those who have helped you a thank you note, and so there are sections for those as well.

You will need to send your test scores along with your application and some schools involve interviews, which is why there are boxes for those as well. If you need to apply for financial aid, you can record it in the appropriate column.

One of the most important parts of the application process is performing the follow-up to make sure everything has been received by the college. Log that in the last column on your college planning checklist.

High School Students who are **Freshmen/Sophomores/Juniors** should register for Free Accounts in order to create your Player Profile/Résumé. We also suggest that our clients continue to use the Free Accounts of every **Recruiting Education Service** they find on the web. All such services do have success stories so then **"Why NOT You"**! At first, **"DO NOT"** limit your window of opportunity to just this college or that college or you will quickly find real soon that your window of opportunity will have then closed. Please keep an open mind, but if you do select a school early on, we can assist you with meeting that team's Scholarship Selection Standards.

## College Admissions

You can't attend college if you do not apply to College and if not, why not **"Get Ahead of The GAME"** (Download the [Early Admissions Calendar](#))? **ACT/SAT** Standardized Testing is also an important part of making your College Admissions and [Early Decision and Early Action Decision](#)!

## **National Virtual College Fair Week**

Each Fall, students and families have the opportunity to travel to multiple universities and colleges without ever leaving their couch.

The annual National College Fair will be virtual this year due to COVID-19 precautions and will take place on Sunday, Oct. 18.

Both students and their families can register and find more info at [www.virtualcollegefairs.org](http://www.virtualcollegefairs.org).

The National College Fair is the first part of Jax Goes to College Week which runs from Oct. 18 – 23.

With a different college-going theme each day, the week is designed to engage families, communities, school staff, and students in activities that promote college and career access and success said Bernadette Hardeman Strong, a district supervisor who helps coordinate the week every year.

Hardeman Strong wants families to know that even though the annual fair is virtual this year, it still represents a great opportunity for college-going students to find the right fit for them.

"These fairs offer juniors and seniors a chance to hear firsthand from those-in-the-know at hundreds of colleges and universities nearby, across the country, and around the world," said Hardeman Strong. "The pandemic should not put a damper on students' dreams to attend college. Find a college and apply."

Below are a few tips from Hardeman Strong and her colleagues on getting the most out of this experience:

- **How do you register for the fair?** Go to [virtualcollegefairs.org](http://virtualcollegefairs.org) and click the "Sign Up" button. Students should then review the list of registered institutions; select which colleges they're interested in and

set a reminder to attend their live and interactive Zoom sessions.

On the day of the fair, students should log in and Click the “Live Sessions” tab. They’ll see literally hundreds of sessions to choose from! Tip: Colleges located on the East Coast will offer their sessions towards the beginning of the fair while colleges on the West Coast will offer sessions towards the end. Students will also have an option to schedule one-on-one meetings with admissions representatives.

- **What are the benefits of attending the virtual College Fair?** Virtual fairs are designed to replicate much of the experience of in-person college fairs. They provide a dynamic, new digital meeting space for students no matter where they live or what their situation. Students can talk one on one with college admission counselors; attend live interactive sessions with college representatives; and attend workshops covering topics such as how to apply, financial aid, student life, and more. More than 600 colleges will be represented.
- **What are some things college-bound juniors and seniors should be doing now?** College-bound juniors and seniors should focus on preparing themselves academically and financially. This includes:
  - Enrolling in rigorous course work.
  - Preparing and taking the SAT and/or ACT.
  - Researching careers of interest and associated majors.
  - Researching colleges and tracking application deadlines.
  - Searching for scholarships.
  - Remaining involved in extracurricular activities.
  - Engaging in service to the community.
  - Seeking out leadership opportunities.
  - Building a portfolio that includes their resume and recommendation letters; and much more.
  - Determining what questions, they need to ask college admission officers. Questions can be framed around academics; cost of attendance and financial aid; the application process; career preparation and job recruitment; support for English

language learners; support for students with disabilities; social life and campus activities; retention and graduation rates; and preventative measures that are in place as it relates to COVID. Creating a list of vital questions to ask college representatives will help students maximize their experience at college fairs.

## Early College Admissions

Early decision (ED) and early action (EA) plans can be beneficial to students — but only to those who have thought through their college options carefully and have a clear preference for one institution.

### Early Decision versus Early Action

Many Early decision plans are binding! Accept student must attend the college in which they were accepted of may face potential consequences while on the other hand, Early action plans are nonbinding. Many times, students the required response date is usually by May 1, unless specified in your Offer Letter. Students and parents must discuss the differences in-between Early Action and Early Decision early Admissions Plans are there are very distinct differences in them. Both plan work "**BEST**" especially when a Student knows from early on (**Like BIRTH – LOL!**) exactly where they would LOVE to attend college. So, start there or else the process just might become frustrating and an overwhelming nightmare!!

**450 (+)** colleges have early decision or early action plans, and some have both. Many colleges will also present a nonbinding option called **single-choice early action to their applicants!** This means that those applicants are **NOT** allowed by LAW or Agreement to apply ED or EA to any other college, but that does **NOT mean** that you can **NEVER EVER** apply to other colleges, it just means that you can then apply during traditional

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college application enrollment periods, and this may or may **NOT** make a huge lifechanging difference! So, think before you Leap!

ED plans have come under fire as unfair to students from families with low incomes, since they do not have the opportunity to compare financial aid offers. This may give an unfair advantage to applicants from families who have more financial resources.

## Early Decision (ED) Applicants

- Get settled into your High School Classes then the next month begin to prepare (September/October/ November) to apply to your first-choice colleges.
- Try to complete the process before December (October To Mid/End of November)!
- **Free is Good For Me!** Take the package from the college that offers the **BEST** Financial Incentives/Plan
- Include your entire family and DEST Friends in on the decision-making process or you may choose to go at it along! I did and it work out just find, except I turned down Princeton, because I was poor and had zero input in my decision-making process. The I tuned Princeton down because I LOVE the idea of attending a Military School. That is why I turned from Princeton and The University of Tennessee
- Apply to your Top College or Colleges under early decision.
- Apply to all remaining colleges under their Traditional College Admissions Application Schedules

- Withdraw all other Early Decision once you are accepted and commit to your Top School of Choice.
- Send your Admissions Acceptance Reservation/Deposit well in advance of any Early Decision Deadline.

## **Early Action (EA) Applicants**

- Apply as soon as your School's Application Submission process opens!
- Expect to receive your Early Action Admission Decision in January or February.
- Take all the time that you need to make your decision! Make sure that the offer/deal is good for you and your paying Parents/Family!
- Continue to apply to other colleges during their Traditional/Regular Admissions Period.
- Make your decision before your intended response or even National Response Date.

## **Who Should Apply For either an Early Action and/or Early Decision?**

Applying for either is always an option for students who:

- Adores the Colleges they intend on attending if accepted!
- Has always dreamed of always attending a specific college or Colleges.
- Is absolutely sure that the college is the first choice.
- Has the Financial Resources to attend! I cried a many nights as I suffered through college financial needs and/or disadvantages

that limited my college participation in extracurricular activities, thus my overall College Experience. I could NOT afford to do many things. I could NOT buy or driver a car. I could NOT pay for a date or just my half of the tab! Many time I did NOT have fare to catch and ride the City Bus!

- Are a **“Good Fit”** for the college of their choice as Institutional Mismatching is “The Kiss of Death for many well intending students!
- Can take living hours away from home or who is ok with local options because you will be close to your family and if you are an Athlete, they will be able to see you play! Some students absolutely do wish for a complete change of scenery and for many reasons, so at the end of the day, make the choice that is **“BEST”** for you!
- Strive for Academic Excellence. This means that the school must meet your academic requirements or even for **Academic Exclusivity** as you are a **Top Student** and are demanding to be surrounded by the **“BEST”** Professors and Students in Academia and/or are world renown in your interested Field of Study

**Who Should NOT Apply Early?** Applying to an ED or EA plan is not appropriate for a student who is:

- Financially Challenged Students
- Academically Borderline Students (Institutional Mismatching)
- Unorganized and unprepared Students

- Focused on the College Name and **NOT** Academic Rigors
- Not committed and is **ONLY** applying because friends are applying. I do know of kids that all apply to the same school because they actually do have a plan

Students who wish to apply early to colleges should fill out the NACAC's [Early Decision Self-Evaluation Questionnaire](#), as this may open their eyes as to the serious nature of the Early Admissions process and requirements.

## **So, What Are The Benefits of Applying Early?**

The student who can meet the **"MOST"** stringent of Academic Standards and **100%** sure of their **"Top Choice"** is at a distinct advantage during this process and should consider applying early at the process is competitive and this will increase your chances of being accepted into the school or schools of your choice! Applying early lets the student:

- Reduce Financial Costs of sending multiple applications
- Receive a decision early, thus eliminates worry and stress
- Allows for better planning and preparation and a less chaotic move in day which led to better organization and readiness to attend class and focus
- Gain **Early Access** to better housing choices

## **The Drawbacks of Applying Early:**

**Financial Pressure:** Mrs. Skipper always said, “Free is Good For Me”. Do **Not** take a **LOAN** and I repeat, do **NOT** take a **LOAN** to go to college. Go to the School that is affordable for you! Anything will end in Heartbreak; Financial Disaster; Financial Crisis and guaranteed Financial Indebtedness!

**Acceptance Pressure:** The student may find it hard to choose if the gain acceptance into one or more colleges. “**The Mind Is a Terrible Thing To Waste!**” **Make a Choice!**

**Traditional Application Pressure:** Applying may become overwhelming when **NOT** accepted for Early Admissions. In fact, this can be a disaster as your expected Early decision in some case may **NOT** be considered an Early decision as they can come as late as December! Plus, that decision just may **NEVER** come! This means that the student will be extremely pressed and pressured to gain acceptance through a more Traditional Application Process and usually in two (2) weeks or less! So, you better, “**Be Prepared!**”

**Senior Apathy/Social Media Misconduct:** Please remember this! If you grade drop, you might and in many case will be also dropped as their offer is contingent upon your continued academic performance/success and many people for forget that your character is also being closely monitored and screened as part of the admissions process. The world has change. Do not “**Like**” any comments and please watch out and we recommend that you **STOP** posting on Social Media once accepted.

## **CommonApp**

**It's Time To Take It Up Another Notch and Level!** Apply to colleges via the [CommonApp](#) or other application platforms. Many colleges have a **November 1 deadline** for early action. Did you know that there are **more than 900** Colleges and Universities using and or are within and a part of the [Common App Online Application](#) System?

The key to getting a Scholarship or being accepted into many colleges during a COVID Setting is to apply for every college that has waived its Application Fees. You can use common App to do that also! If eligible (Free Lunch Program), use additional Financial Aid Vouchers as you can get from your school's Student Services Office to apply to your Top Choices!

COVID has literally changed the Landscape of Education as many colleges even are now [waiving the requirement](#) to submit Standardized Test Scores! Now than YOU just may get you into Harvard or Duke or even UNF or JU if you're lucky! If you are in the Class of 2023, please consider reading the [following linked article](#).

## **Community Service/Volunteer Hours**

Community Service Hours are **NOT** a DCPS Requirement For Graduation! But, they are required for the [Bright Futures Program!](#)

DCPS Community and Volunteer Service Requirements are a very confusing thing. We made our daughter complete **over 100** Community Service Hours which helped during her College Admissions efforts. Those hours are very important to many very competitive US Colleges while they do **NOT** mean much at all to others. In the end, she ended up attending an HBCU on a D1 Soccer and Track Scholarships and her Community Services hours at that point were absolutely NOT necessary at all!

***Please Remember This! It's about the Grades (GPA) STUPID!***

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My daughter 100% made the "**BEST**" Choice as they adored her at South Carolina State University and our entire experience as a family was nothing short of stunning and amazing! It was priceless!

We supported her decision, but before she was presented that D1 Decision, she received an **\$18,000** per year offer from the Prestigious Westminster College (PA) and they **ONLY** accept **300** incoming Freshmen Students per year as part of their Freshman Class and our daughter made the cut! That was exciting! Plus, they really wanted her there, but the cost was **\$60,000** per year and we would have had to take out annual loans of close to **\$50,000** per year. That was NOT happening on my watch, and we told our daughter to keep searching. She cried and was very sad because she adored that school. We reached out and tried to find out how to make it happen, but it was **NOT** to be!

She was heartbroken, but did move on and in one same day, received **five (5) D1 Scholarship Offers!** She was on cloud **nine (9)** and the process of elation followed by despair started all over again. She is **NOW** a College Senior at Columbia International University; has NOT played Soccer in almost **three (3)** Years due to Injury which was immediately followed by the COVID-19 Global Pandemic. It all turned out to be a huge blessing as she has completely healed and managed to get thru it all (three years) without a Loan until her final year in college. She will be close to **Debt Free** when she graduates College!

One more point of interest, when we reached out, Westminster College told us that if she had NOT attended Stanton College Prep, the **number 5 Ranked Academic High School** in the USA at that time and had attended her home school and attained a **3.8 GPA**, she would receive a **Full Presidential Scholarship**. Wow! You see when she left Stanton, an amazing school, she only had a **2.6 GPA**, but over her last **two (2)** years of High School managed to increase her GPA to a 3.5 weighted GPA and led the Soccer team to **two (2)** straight **FHSAA State Appearances** (a first in school history) by the time she graduated from Terry Parker High School. Attending a local School came with many challenges and many

blessings. Please carefully weigh; think through the entire College Readiness process through and learn from my daughter's experiences.

I will admit that at one point the overall process was very heartbreaking and eye opening, but in the end and with the counsel of her parent, it all worked out for the **"BEST"** plus their D3 Soccer Team ONLY lost **one (1)** or two (2) games per year. Now that would have been a completely but insane experience. Her D1 team won just **two (2)** games per year, but she only played just one amazing year!

You can go to FSCJ without completing such time consuming, but honorable **"Bright Futures"** requirements. I personally know of Underserved Students who were struggling with completing stringent Homework and Testing requirements who did **NOT** know this actual rule and were frustrated; overworked and stressed to the point of Medical distress and even suicide.

We are huge advocates for you knowing **BOTH** your child and your rights! Community Service and Volunteer Hours are **NOT** a DCPS Requirement For Graduation! But they are required for entry into the **Florida Bright Futures Program!**

DCPS Community and Volunteer Service Requirements are a very confusing thing. We made our daughter complete over 100 Community Service Hours which helped during her College Admissions efforts. Those hours are very important to many very competitive US Colleges while they do NOT mean much at all to others.

## **Florida Bright Futures Program**

Community Service Hours are a Bright Futures Program Requirement. Per the State of Florida, eligibility for a Florida Bright Futures scholarship award requires that a student complete 75-100 community service work as approved by the local school district.

Scholarship eligibility also requires that students meet testing and grade point average minimums for Florida Bright Futures.

[Click Here](#) to open your Bright Futures Account. [Click Here](#) to watch a very informative Bright Futures Program Video! [Click Here](#) to view Florida Financial Aid Application (FFAA) Form Filing Instructions and to start your Bright Futures Financial Aid Account and Application Process

If completed before or by your Senior year in High School, have you turned in your [Community Service Hours Forms](#) to your school counseling office to be sure they are in the system for the 7th semester Bright Futures evaluation? You cannot be awarded Bright Futures without meeting community service requirements.

## **Student and Parent Civilian Résumés**

Having a powerful [Student Résumé](#) is a must during your High School years especially if you would like to compete for College Admissions; Internships; a Summer Job or even a Traditional Civilian Job. You are competing against your peers and even adults and must make an impact in 8-10 seconds and our [Student Résumés](#) are designed to allow you and your **Parents** to compete and win!

Have you and your [Parents](#) (Family Appreciation) visited [Résumés To Go](#) in order to prepare your Player Sports Profile and their Civilian Résumés.

## **Civilian Cover Letters**

Having a powerful Cover Letter many times is more important than having a Résumé because it's an expected industry formality and very powerful tool when properly prepared. Many times, HR Reps NEVER review the Résumé or do so ONLY as an afterthought because the Cover Letter landed the Interview and/or Job.

Not sending a professionally prepared Cover Letter is like showing up at

the front door unannounced. Now that usually is an inconvenience and/or a real problem for the person on the other side of the door. Many will dare NOT ever open that door!

## **Introductory Recruiting Cover Letters**

Be yourself and keep it short or make it even longer. My client Cover Letters average two (2) Full Pages in length and every player received a Scholarship offer. You can't please everyone and do not believe everything you hear everyone saying because they are all carrying their own Bias and Personal Baggage with them.

Attend our College Readiness Training and you will hear real world Stories shared by real Athletes and Coaches and even their parents! We suggest that you be yourself and consider finding the middle ground so that at the end of the day, **"You have No Regrets"**! You decide, because, it's your life and we promise:

***"You have as much a right to be as picky as to the school you select to play for as they do in choosing you"!***

Make sure that you are **NOT** a victim of **Institutional Mismatching** because you are all caught up in playing on this level or that one or for this school and/or that school. You choose! Ride the bench and lose for all **four (4)** years or **Win a D2/D3/NAIA/JUCO National Title!**

Make sure that you are a **"Good Fit"** for the Team that you have chosen to play on and that **"The Fellowship/Chemistry"** is part of the focus of the Recruiting Staff/Team, because Collegiate Sports is a Lifelong Fellowship, so again, make it **PERSONAL!**

One kid wrote, **"Coach, I have NEVER even seen a Snowflake before, and I can't wait to play in the snow"!** It caught the attention of the Coach as was a huge icebreaker! Be Yourself! And begging is unbecoming unless you really have too!

## **Why Fill Out Recruiting Questionnaires?**

**Our Advice on College Recruiting Questionnaires:** Visit each perspective website of each college you are interested in attending or receiving Admissions and Recruiting Information. Fill out an Application for Admissions and a Recruiting Questionnaire then call your Soccer Up America Counselor/Mentor and they will provide you with our Admissions and Recruiting Metrics Checklist and walk side by side with you as you take measures and steps necessary to complete the College Admissions and Recruiting process. More importantly, we will simply assist you personally with the development of your Admissions and Recruiting Individual Development Plan.

Our unique **Metrics Modules (Checklist)** will facilitate and chart the Prospective Student Athlete (PSA) progress through 100% completion of all required and suggested tasks for acceptance and the award of scholarships or even other funds including Student Loans. Also completing each schools Questionnaire is one of the first and most important tasks that you must and should complete immediately when you decide that you are interested in a school. Most PSAs are unaware of the fact that the Student Questionnaire lets the Coaching Staff know that you are actually considering or even more important interested in attending their school.

In fact, many Coaches text; phone and/or write PSAs (Both Automated Responses and Personal) and tell them to fill out their Online Questionnaires so that they will know that the PSA is actually interested in being considered for Admissions and playing for their team. And many times, the PSA fails to take action, hence effectively eliminating themselves from the recruiting process for that school. Do not take this task lightly. You are really really leaving 100s of 1000s of Scholarship funds on the ole proverbial table!

When that single task is done and the Coach Texts or Calls, if you were serious; would like to play for that school or are in need of a Scholarship

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(Athletic or Academic) your **NEXT** response should be: **"Coach, it's already done!** My Application; NCAA Eligibility Number; Standardized Test Scores; High School Transcripts are in, and I meet the School's Admissions Standards. I sent my video which I know you have seen, and I am ready to go!" Then they know that you are serious and may just offer you an **"All Expense Paid"** Official Tour; a Roster Spot; Intent to Offer or even a Scholarship.

They may even have already had you on their radar! So, be prepared and do not waste their valuable time! Coaches absolutely adore players who call, or they call and have seen their video and is hyped about the possibility of attending their school when they say, **"We like you!"** and **"We need/want to get the ball rolling!"** and that player says Coach, **"It is all already done"**. That Coach is blown away!

So, it is vital to your success for you to get your name in each schools Recruiting Database. And as a result, you may or may not be recruited by that school, but most likely will be placed on each school's mailing list and that is also another way to know if a school review your information or is even possibly interested in recruiting you. This is especially important if you are a High School Freshman or Sophomore who by NCAA rules are not yet allowed to communicate or speak directly with Coaches!

Plus, they usually will then start sending you: information about any upcoming games, camps, showcases, and breaking news. When allowed you can also reply back to them with questions or comments about any of the material that they have sent you.

If a Coach tells you to fill out their Questionnaire! Take 5 minutes to fill out their Questionnaire! If you don't most will move on to the next prospect that is just as talented, but are even more motivated than you are!

They see, you're not immediately responding to their request as a sign of disrespect! How could they trust you to complete basic/simple tasks independently when the team will be on the road practically the entire fall semester of at least half of it. They have 20-30 other players who want to be there and then they receive 1000s of calls and emails and that could be a daily amount and that does not include their daily Coaching and Administrative duties of building and running a program; leading other staffs; and running additional school initiatives. Are you kidding me?!

Most college coaches have contacts and sources that can fill them in on certain recruits, so if a recruit wants to stay close to home then schools might back off some; however, if the recruit is filling out recruiting questionnaires, the school will continue to take an interest in them. Which means the athlete now has options!

Going back to our question, why should you fill our recruiting questionnaires? The best answer is that you are giving yourself options. There is no blueprint for landing an athletic scholarship, and if you don't have other options then you put yourself at risk for not getting a scholarship offer. Most schools now have the recruiting questionnaires online at their website.

## **Dual Enrollment**

Dual enrollment is an acceleration mechanism that allows student to pursue an advanced curriculum relevant to their postsecondary interests. Dual enrollment provides high school students the opportunity to earn college credit while simultaneously earning high school credit through dual enrollment. Colleges and universities that offer dual enrollment courses to Duval County Public School students must do so by way of an articulation agreement, which describes the parameters for which the students may participate.

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Duval County partners with three postsecondary institutions, [Edward Waters University \(EWU\)](#), [Embry Riddle Aeronautical University \(ERAU\)](#), and [Florida State College at Jacksonville \(FSCJ\)](#). Each institution is accredited by The Southern Association of Colleges and Schools Commission on Colleges (SACSCOC) to award credit.

Under the umbrella of Dual Enrollment, there are several options for students:

1. Traditional Dual Enrollment where college courses taught by credentialed high school teachers offered at DCPS high schools through EWU, ERAU, and FSCJ or students may take courses on FSCJ's campus
2. FSCJ Early College
3. FSCJ Early Admission

Early College participants apply and are accepted in Grade 8, begin the program in Grade 9, and are working on earning both their high school diploma and associates degree.

Through Traditional Dual Enrollment students may take courses on the high school campus through EWU, ERAU, and/or FSCJ. Students may also take courses on FSCJ's campus. EWU and ERAU are private institutions and currently only have GPA requirements. FSCJ is a state college and by state statute has both GPA and testing requirements. To participate through FSCJ students must have a minimum cumulative unweighted 3.0 GPA and qualifying test scores on the Postsecondary Education Readiness Test (PERT), ACT, or SAT.

If eligible and courses are available, a student may take his/her first dual enrollment course Semester 2 of Grade 10 through Traditional Dual Enrollment. In Grade 11 and 12, eligible students may participate in Traditional Dual Enrollment and take up to three (3) total dual enrollment

courses each semester (fall/spring). Out of the three (3) courses eligible students may take a maximum of two (2) courses on an FSCJ campus. Eligibility requirements vary by postsecondary institution and from year to year.

If a student is enrolled in a traditional high school in Grade 11 and meets the eligibility requirements, he/she may apply for participation in Early Admission. Through Early Admission students attend FSCJ full time for his/her senior year. Currently students must have an unweighted 3.5 GPA when Semester 1 grades post in Grade 11 and College Ready PERT/ACT/SAT scores. Interested students must meet the fall application deadline established by his/her designated high school designated dual enrollment coordinator. The very last day for schools to submit student registration documents is May 1<sup>st</sup> (by 2:00 PM) of the student's Junior year. There are no exceptions to the registration deadlines.

## **Advantages and Cautions of Dual Enrollment**

There are several benefits for eligible students taking dual enrollment courses. Dual enrollment participation provides the opportunity for accelerated skill development curve with the increase in rigor and challenge of course work. Dual enrollment can help students accelerate educational goals, experience resources and activities as a college student, earn college credit, and significantly reduce college tuition.

Additionally, students may receive favorable consideration in the college admission process and more likely to graduate with academic honors, earn a higher grade point average (GPA), graduate within four years and be accepted into a graduate program. Students should be appropriately advised regarding the importance of taking dual enrollment seriously. Dual enrollment participation impacts the student's college grade point average and begins a permanent college transcript. Students are treated as independent college students and their college records and progress are protected by **the [Family Educational Rights and Privacy Act \(FERPA\)](#)**.

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Dual enrollment provides students in 11th and 12th grades the opportunity to enroll in postsecondary courses creditable towards high school completion and an Associates or Baccalaureate Degree. IN order to ensure that the greatest relevancy toward a postsecondary degree, emphasis will be placed on courses within the general education core curriculum. Students must meet eligibility criteria specified in the **Dual Enrollment Articulation Agreement (DEAA)**.

Students enrolled with **Duval Virtual** are able to enroll in Dual Enrollment if they are eligible. For more information on dual enrollment and eligibility, you may visit the DCPS Dual Enrollment webpage. [DUAL ENROLLMENT](#)

If you are a Duval Virtual student and interested in dual enrollment, please contact our guidance office at (904) 390-2037 or go to the [Contact Us](#) page and indicate you would like for information on Dual Enrollment.

## **Florida State Community College (FSCJ Dual Enrollment**

Through FSCJ Traditional Dual Enrollment students may take courses on the high school campus and/or the College campus. FSCJ is a state college and by state statute has both GPA and testing requirements. To participate in dual enrollment courses through FSCJ students must have a minimum cumulative unweighted 3.0 GPA or higher and qualifying test scores on the Postsecondary Education Readiness Test (PERT), ACT, or SAT.

Traditional Dual Enrollment students are limited to **three (3)** total courses regardless of the postsecondary institution. Of the **three (3)** total courses, no more than **two (2)** courses may be taken on the College campus. Students taking course on the high school campus must meet the eligibility requirements prior to the first day of class and be enrolled on the first day of the semester. Prerequisite requirements must be met three weeks prior to the first day of class.

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Students taking courses on the College campus must meet eligibility requirements prior to registration. Prerequisite requirements must be met three weeks prior to registration. The very last day for schools to submit student registration documents is May 1<sup>st</sup> (by 2:00 PM) for Fall semesters and December 1<sup>st</sup> (by 2:00 PM) for Spring semester. There are no exceptions to the registration deadlines.

Interested students may inquire with his/her designated high school dual enrollment coordinator about the process for testing and signing up for classes.

## [Edward Waters College \(EWU\) Dual Enrollment Program](#)

**Edward Waters University (EWU)** is distinctively the state of Florida's first independent institution of higher learning. Duval County Public Schools has partnered with Edward Waters College since the 2014 to offer select dual enrollment courses on the high school campus.

Course options available on the high school campus vary by high school and from year to year. To learn more about the courses being offered at a particular high school, please contact the school's designated high school dual enrollment coordinator.

Students that are eligible for the program can take their courses during regular class periods at their assigned high school during the fall and spring terms. The college may even approve for eligible dual enrollment students to take one course at their high school site during the summer term if approved by the school district.

The courses selected for the dual enrollment program satisfy both high school credit and college credit. Edward Waters University has become compliant with the Florida Statewide College numbering system to assist with the transfer of college credits throughout the higher education system. Parents and students are advised that the college credits earned to the credit required for their high school diploma, and to the

ramifications and responsibilities of initiating a permanent college transcript.

To promote student success, all dual enrollment students are required to take SLS 1103-Introduction to College in the first two semesters of their participation in the program. The Florida Department of Education's articulation committee maintains a list of dual enrollment courses identified to meet high school graduation requirements. This list contains certain semester-length postsecondary courses deemed of sufficient rigor to earn a full high school credit.

The current list can be found on the [Florida Department of Education](#) website. High school credits will be awarded per the status list at the time of student enrollment.

### **[Embry Riddle Aeronautical University \(ERAU\) Dual Enrollment Program](#)**

Dual Enrollment is widely considered to be the new frontier of 21st century education. With so many different dual enrollment programs available worldwide, it can be challenging for students and their parents to find what they need. Our staff is dedicated to providing you with the support needed to navigate through these exciting opportunities. From Application through High School Graduation and beyond, we are committed to your academic success and will be there to guide you through each step of the process.

Partnerships Create Opportunities! The ERAU Dual Enrollment program is designed to provide world-leading aviation, aerospace, engineering, and technology education to students beginning as early as the ninth grade.

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Together with local community leaders and our generous sponsors, Embry-Riddle is preparing the next generation of aviation, aerospace, and STEM leaders for the opportunities of the 21st century.

**With your support our goal is to:** Encourage Aviation/Aerospace and STEM Education, worldwide; grow the high-tech workforce of tomorrow; enhance corporate social responsibility efforts and provide career pathways for diverse students.

If a student is interested in this exciting opportunity, the first step would be to talk to their high school guidance counselor or homeschool administrator about the Embry-Riddle Dual Enrollment Program or [Click Here To Apply Today!](#) Be sure to discuss the possibility of earning high school credit for dual enrollment courses, and inquire about any state funding plans that may be available to subsidize the cost of tuition and/or books.

By taking this approach, everyone is on the same page and the student is truly set up for success!

## **FAFSA (Pell Grants)**

All High School Seniors, regardless of your financial status/need, must, well should fill out the [FAFSA](#) with your parents (The Enrollment Period opens October 1).

FAFSA stands for [Free Application for Federal Student Aid](#), and is a financial aid application that is used to determine the [Expected Family Contribution \(EFC\)](#) as well as eligibility for need-based financial aid. For the most part, every College no matter your financial standing is going to ask that you submit this application.

## Standardized Testing (ACT/SAT)

College Admission Tests, like the ACT/SAT, are standardized tests typically taken in your Junior or Senior year of High School. Colleges use scores from these tests to help them make admission decisions. Each college has its own admission processes and policies, and they use scores differently. [Click Here](#) and read a very informative article on the facts you need to know.

You can apply for [ACT/SAT](#) Fee Waivers and visit [NACAC](#) and use a [NACAC Request for Application Fee Waiver Form](#). You can also use [Common App](#) if there is financial need. Students can apply up to 4 colleges using NACAC and all colleges will accept NACAC.

## ACT/SAT Tests Prep Course

You can take, ["This SAT Course"](#) for \$499.00 with a Money Back Guarantee or visit this [YouTube Page](#) and take this [SAT YouTube Course "For Free"](#)! You can do the same for the [ACT](#) too!

There's a reason Test Prep Services are in such high demand. It works. At least, to some extent. Studies show that ACT and SAT Test Preparation does, in fact, help students improve their scores. The study found scores consistently went up a few points after test prep, regardless of the student's racial, gender, or socioeconomic background. This is one of the most consistent and luring claims made by all test prep academies.

Many Test Prep Services guarantee a Score increase of at least 4 points on the ACT and **300-400** points for the SAT. If you do not achieve that goal, they will either refund your cost minus the cost of their materials or allow you to re-take their course **"For Free"**. Go ask Student Services for assistance with the paying for Test Prep Fees if you are Title 1 Eligible or attend a Title 1 or Title 4 School! [Watch This Video](#) before you do anything! Again, many services claim that they will raise your teen's

scores by **200-400** Pts (SAT) and 4-5 Points (ACT), but can they really accomplish it?

## **Summer Job vs ACT/SAT Prep Course**

Instead of taking a Summer Job, if you can, we recommend that you take [ACT/Sat Preparation Course/Classes](#) and even more importantly also utilize your summer vacation to increase your Standardized Test Scores.

**Consider This:** Before you take any job, "**Study First**" then, take a job **ONLY** if necessary or vice versa over the span of your High School years. If you take a Summer Job, you just might earn **\$3000.00**, but if you study for your Standardized Test and earn a higher score, you will earn **100s of 1,000s of Dollars** and more than likely Millions in Academic and Athletic Scholarship Offers! So, you choose - a coupled of **1,000** Bucks versus **Millions (1,000,000s)** of Dollars (\$) of offers!

## **College Campus Tours**

It is vital and important that you go on **Admission Office Tours** for prospective students. when visiting each school make it a habit to ask a current student that attends the college to share their experience and answer your preplanned and even impromptu questions. And if you can NOT visit in person or LIVE, you can take amazing [Campus Tours Online](#).

## **There is No Substitute – See it In Person**

A brochure can ONLY show and tell you so much. You have to go in person. I went to several colleges and had an awesome time. I went to one college, and it was so bad that I decided to keep on going. I went to other colleges and watched beautiful Majorettes (Girls) Dancing, then played with an amazing HBCU Band. But then one day and on my last

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tour, I then saw a campus with Old Red Brick Buildings: Massive Oak Trees and a Civil War Cannon.

Yep, I chose the school with the Red Brick Buildings, Massive Oak Trees and Civil War Cannon. It was like being at home and running up and down the streets of Memphis, Tennessee and when I saw those trees and buildings, I felt like I was at home. It was 100% the best decision I ever make personally and financially. Attending and Life at Wentworth Military Academy and Junior College was the **"MOST"** amazing things that I have ever done in my life! I promise, when it is right, you just know it is the right place for you!

Don't Settle! Pick the School that is talking to your soul and melts your heart! I remember sending our daughter on a TRIO Program Tour. They visited three (3) Universities/Colleges. Among those **three (3)** schools, they visited FGCU and upon her return she was as drunk in the head as a skunk, and she adored that school.

But she was a soccer player, and that school was a top D1 school that recruited at least 3-4 years in out. There were absolutely zero spots available. So, that was then end of that conversation, but they did offer a try-out at a College ID Camp which we did **NOT** accept as she also made a National Team and was told NOT to play any soccer for three (3) months or she was off that team. She cried; we spoke with the FGCU Coaching Staff; but in the end declined. We as a family made the correct Choice at every turn.

Now with our Son in tow we visited Wingate University with him as they asked him personally to attend their college ID camp just so they could start working with him. That was an amazing thing for a 13 year old developing soccer player to have happen for he ever got to High School or playing in a High School Soccer Game. You see the year before Wingate University won the NCAA D2 Soccer National Championship.

They wrote him a very personal

email. So, we went there; toured the campus and fell in LOVE! The cafeteria was amazing. We as parents dreamed that we would visit and would live in that cafeteria. The school was first class, and the campus was small. He liked it a ton, but we loved it a ton. In the end, we all won, because, he was accepted into the Take Stock In Children Scholarship Program and decided to stay close to home. He was Early Admitted into UNF. Then Wingate University made the decision to **NOT** select him for their Roster, but that was just fine because due to COVID-19, he had opted out of playing soccer and did NOT play for them in two (2) years.

In fact, he did **NOT** touch a Soccer Ball for more than **two (2)** years! Plus, he opted out of even playing High School Soccer and ultimately opted out of playing college soccer and is very happy with his decision. Again, he was early Admitted into the University of North Florida (UNF); can continue to play Club Soccer and the "**BEST**" part is that he can pay for it on his own while living on campus or at Home (His Choice), He is hoping to be called up to the USVI National Soccer Team his age division or even for the Men's National Team. He then visited UNF and loves that campus too!

### **You Have Questions and They Have The Answers to Your Questions**

Ask as many questions as you feel you need answers too. Prepare well in advance! Make sure that you to talk to students, faculty, financial aid and admission officers. But more important is that you reach out and talk with school custodians; Cafeteria Staff; lawncare workers; and maintenance workers. I promise you, that will pay off in the long run more than you can ever imagine. Upon my daughters' arrival the staff waived and acknowledged her; spoke and shared with her and also had some amazing conversations with her. When they saw her recovering after surgery, they used their maintenance cart to give her a ride whenever they would see her walking to her and from classes. It was humbling and

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amazing! And they know all of the campus ins and outs and even the secrets!

You can always speak with Students to learn about Campus Safety/Security and things are always left out of Official Reports. You can learn about call sizes; teaching assistant loads; meal plans and food quality; freshman class and even camp diversity; the social scene and kinds of activities are available and learn how to navigate the issues concerning of dorm space or learn if there is a housing crunch or even how many students are commuters and how many are campus residents?

Our family members also participated in a coaches question and answering sessions and was allowed to participate in the walking campus tour, where we took lots of photos. We visited twice and each visit was absolutely amazing!

Have you visited [Résumés To Go](#) to prepare your College Campus Online™ [Collegiate Scholarship Sports Recruiting Cover Letter](#) and Other College Readiness Civilian Job Cover Letters?

## **2. Recruiting Introduction**

Our Promise To You! Our Collegiate Recruiting Center Team will personally track and assist the **Potential Student Athletes (PSAs)** with management of Critical Recruiting Tasks that are needed in order to attain Admissions, Personal Letters from College Coaches; Roster Spot Offers; Scholarship Offers and even more.

We will also make sure that you are updated and armed with the knowledge and/or tools such as Introductory Civilian Recruiting Cover Letters; Sports, Student and Civilian Résumés; Compilation Video; Event and Follow-up Recruiting Cover Letters; and Myths, Secrets and Fact Sheet Training that answer Frequently Asked Questions and provides informative **"One Stop Shop"** instruction and helpful links.

Access to this vital information will give you a competitive Edge/Advantage; is vital and is needed to facilitate BOTH your ability to complete required Recruiting Tasks and attain success. We will be there to assist and help you every step of the way through-out your Collegiate Application and Recruiting Process in order to remove stress from your lives and place your High School Years on **"Cruise Control!"**

Attend our College Campus Online™ K-12 Enrichment Services **College Readiness Expos/Seminars/Training** in order to learn what we already know and teach our clients! Our system is designed to identify college readiness Gap in 1-2 minutes, then to immediately close identified Gaps and prepare you for College Admissions success in 2-4 Hours or Less.

Call (904) 250-6414; 24/7 to schedule your appointment then, sign into my **Personal Zoom Meeting** Address and let's have a productive Initial Free Consultation

## PSA Sports Briefcase

Having a powerful [PSA Sports Briefcase](#) (Introductory Recruiting Cover Letter; Sports Résumé and Compilation Video) is a must during your High School years especially if you would like to compete for College Admissions; Internships; Scholarships and Roster Spots. In each case you are competing against your peers. Your [Sports Profile/Résumé](#) must stand out! You must make an impact in 8-10 seconds in order to allow you to compete and win!

## Recruiting Education Services

Put the power of the World Wide Web/Internet to work for you! Don't forget to create **FREE Accounts** and please be sure to upload your video to many Online Recruiting Education Services Websites such as [Berecruited](#); [Captain U](#); [Prephero](#); and [College Fit Finder](#). Don't forget to create and upload your video to the Profile Page that you create when you open an account. If you do choose to pay, **ONLY** use the one (1) Month or Month to Month Membership Payment/Subscription Plan as you, when using our methodologies, will only need it for a couple of hours/days/weeks at the most (Not Months) to achieve success. If you need it because you like using it, then you can pay a one time fee, but I suggest sticking to their Monthly Plan.

High School Students who are **Freshmen/Sophomores/Juniors** should register for Free Accounts in order to create your Player Profile/Résumé. We also suggest that our clients continue to use the Free Accounts of every **Recruiting Education Service** they find on the web. All such services do have success stories so then **"Why NOT You"**! At first, **"DO NOT"** limit your window of opportunity to just this college or that college or you will quickly find real soon that your window of opportunity will have then closed. Please keep an open mind, but if you do select a school early on, we can assist you with meeting that team's Scholarship Selection Standards.

## Social Media

Put the power of the World Wide Web/Internet to work for you! Don't forget to create FREE Accounts and please be sure to upload your video to many Online Social Media Accounts ([YouTube](#); [Twitter](#); [LinkedIn](#) and [Facebook \(Meta\)](#)). And last but NOT least send your video product links along with your PSA Cover Letter/Profile/Résumé directly to each Coach and make things more **PERSONAL** because many Coaches still do prefer **PERSONAL**!

## Student and Parent Civilian Résumés

Having a powerful [Student Résumé](#) is a must during your High School years especially if you would like to compete for College Admissions; Internships; a Summer Job or even a Traditional Civilian Job. You are competing against your peers and even adults and must make an impact in 8-10 seconds and our [Student Résumés](#) are designed to allow you and your **Parents** to compete and win!

Have you and your [Parents](#) (Family Appreciation) visited [Résumés To Go](#) in order to prepare your Player Sports Profile and their Civilian Résumés.

## Civilian Cover Letters

Having a powerful Cover Letter many times is more important than having a Résumé because it's an expected industry formality and very powerful tool when properly prepared. Many times, HR Reps NEVER review the Résumé or do so ONLY as an afterthought because the Cover Letter landed the Interview and/or Job.

Not sending a professionally prepared Cover Letter is like showing up at the front door unannounced. Now that usually is an inconvenience and/or a real problem for the person on the other side of the door. Many will dare NOT ever open that door!

## **Introductory Recruiting Cover Letters**

Be yourself and keep it short or make it even longer. My client Cover Letters average two (2) Full Pages in length and every player received a Scholarship offer. You can't please everyone and do not believe everything you hear everyone saying because they are all carrying their own Bias and Personal Baggage with them.

Attend our College Readiness Training and you will hear real world Stories shared by real Athletes and Coaches and even their parents! We suggest that you be yourself and consider finding the middle ground so that at the end of the day, **"You have No Regrets"**! You decide, because, it's your life and we promise:

***"You have as much a right to be as picky as to the school you select to play for as they do in choosing you"!***

Make sure that you are **NOT** a victim of **Institutional Mismatching** because you are all caught up in playing on this level or that one or for this school and/or that school. You choose! Ride the bench and lose for all **four (4)** years or **Win a D2/D3/NAIA/JUCO National Title!**

Make sure that you are a **"Good Fit"** for the Team that you have chosen to play on and that **"The Fellowship/Chemistry"** is part of the focus of the Recruiting Staff/Team, because Collegiate Sports is a Lifelong Fellowship, so again, make it **PERSONAL!**

One kid wrote, **"Coach, I have NEVER even seen a Snowflake before, and I can't wait to play in the snow"!** It caught the attention of the Coach as was a huge icebreaker! Be Yourself! And begging is unbecoming unless you really have too!

## **Why Fill Out Recruiting Questionnaires?**

**Our Advice on College Recruiting Questionnaires:** Visit each perspective website of each college you are interested in attending or receiving Admissions and Recruiting Information. Fill out an Application for Admissions and a Recruiting Questionnaire then call your Soccer Up America Counselor/Mentor and they will provide you with our Admissions and Recruiting Metrics Checklist and walk side by side with you as you take measures and steps necessary to complete the College Admissions and Recruiting process. More importantly, we will simply assist you personally with the development of your Admissions and Recruiting Individual Development Plan.

Our unique **Metrics Modules (Checklist)** will facilitate and chart the Prospective Student Athlete (PSA) progress through 100% completion of all required and suggested tasks for acceptance and the award of scholarships or even other funds including Student Loans. Also completing each schools Questionnaire is one of the first and most important tasks that you must and should complete immediately when you decide that you are interested in a school. Most PSAs are unaware of the fact that the Student Questionnaire lets the Coaching Staff know that you are actually considering or even more important interested in attending their school.

In fact, many Coaches text; phone and/or write PSAs (Both Automated Responses and Personal) and tell them to fill out their Online Questionnaires so that they will know that the PSA is actually interested in being considered for Admissions and playing for their team. And many times, the PSA fails to take action, hence effectively eliminating themselves from the recruiting process for that school. Do not take this task lightly. You are really really leaving 100s of 1000s of Scholarship funds on the ole proverbial table!

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When that single task is done and the Coach Texts or Calls, if you were serious; would like to play for that school or are in need of a Scholarship (Athletic or Academic) your **NEXT** response should be: **“Coach, it’s already done!** My Application; NCAA Eligibility Number; Standardized Test Scores; High School Transcripts are in, and I meet the School’s Admissions Standards. I sent my video which I know you have seen, and I am ready to go!” Then they know that you are serious and may just offer you an **“All Expense Paid”** Official Tour; a Roster Spot; Intent to Offer or even a Scholarship.

They may even have already had you on their radar! So, be prepared and do not waste their valuable time! Coaches absolutely adore players who call, or they call and have seen their video and is hyped about the possibility of attending their school when they say, **“We like you!”** and **“We need/want to get the ball rolling!”** and that player says Coach, **“It is all already done”**. That Coach is blown away!

So, it is vital to your success for you to get your name in each school’s Recruiting Database. And as a result, you may or may not be recruited by that school, but most likely will be placed on each school’s mailing list and that is also another way to know if a school review your information or is even possibly interested in recruiting you. This is especially important if you are a High School Freshman or Sophomore who by NCAA rules are not yet allowed to communicate or speak directly with Coaches!

Plus, they usually will then start sending you: information about any upcoming games, camps, showcases, and breaking news. When allowed you can also reply back to them with questions or comments about any of the material that they have sent you. If a Coach tells you to fill out their Questionnaire! Take 5 minutes to fill out their Questionnaire! If you don’t most will move on to the next prospect that is just as talented, but are even more motivated than you are!

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They see, you're not immediately responding to their request as a sign of disrespect! How could they trust you to complete basic/simple tasks independently when the team will be on the road practically the entire fall semester of at least half of it. They have 20-30 other players who want to be there and then they receive 1000s of calls and emails and that could be a daily amount and that does not include their daily Coaching and Administrative duties of building and running a program; leading other staffs; and running additional school initiatives. Are you kidding me?!

Most college coaches have contacts and sources that can fill them in on certain recruits, so if a recruit wants to stay close to home then schools might back off some; however, if the recruit is filling out recruiting questionnaires, the school will continue to take an interest in them. Which means the athlete now has options!

Going back to our question, why should you fill our recruiting questionnaires? The best answer is that you are giving yourself options. There is no blueprint for landing an athletic scholarship, and if you don't have other options then you put yourself at risk for not getting a scholarship offer. Most schools now have the recruiting questionnaires online at their website.

Have you visited [Résumés To Go](#) to prepare your College Campus Online™ [Collegiate Scholarship Sports Recruiting Cover Letter](#) and Other College Readiness Civilian Job Cover Letters?

### **3. Medical Services Introduction**

The **HIPAA Privacy Rule does not apply** when an individual is asked about their vaccination status by a **school**, employer, store, restaurant, entertainment venue, or another individual.

Our Promise To You! Our Collegiate Recruiting Center Team will personally track and assist the **Potential General student Body and Prospective Student Athletes (PSAs)** with management of Critical Recruiting Tasks that are needed in order to attain and surpass College **Medical Services Breakout** Medical Standards and includes:

- Colleges and Universities Sports **immunizations**
- DSPC Information/Website**
- DCPS **Vaccination Sites** and to learn of required Shot Schedules for your kids.
- Get The Facts:** DCPS VAX Information
- Communicating Medical Information to College Coaches
- DCPS High School Sports Physicals
- NCAA Drug Screening Policy?
- International Travel
- Passports and Visas?



## **The Federal Health Insurance Portability and Accountability Act of 1996 (HIPAA)**

The Health Insurance Portability and Accountability Act of 1996 (HIPAA) is a federal law that required the creation of national standards to protect sensitive patient health information from being disclosed without the patient's consent or knowledge. The US Department of Health and Human Services (HHS) issued the HIPAA Privacy Rule to implement the requirements of HIPAA. The HIPAA Security Rule protects a subset of information covered by the Privacy Rule.

### **HIPAA Privacy Rule**

The Privacy Rule standards address the use and disclosure of individuals' health information (known as "protected health information") by entities subject to the Privacy Rule. These individuals and organizations are called "covered entities." The Privacy Rule also contains standards for individuals' rights to understand and control how their health information is used. A major goal of the Privacy Rule is to ensure that individuals' health information is properly protected while allowing the flow of health information needed to provide and promote high quality health care and to protect the public's health and well-being. The Privacy Rule strikes a

balance that permits important uses of information while protecting the privacy of people who seek care and healing.



## **Communicating Medical Information to College Coaches**

**Can you say [HIPAA](#)!?** I must admit I was surprised and stunned to learn and realize that College Coaches do not in general speak with players about their medical injuries without first receiving updates from their more qualified medical staffs. In fact, they **ONLY** repeat what they are told from their medical teams, and they try **NOT** to make General Characterizations or Assumptions which could lead to disaster. I learned that such conversations could lead to unpleasant NCAA/Program ramifications and many other types of issues; even mistrust and accusations of undue pressure to play while injured when the loss of Scholarships happen. Many schools will that if you are injured, you will **NOT** lose your financial support for a specified period or time. If you know

what is good for you and in your "**BEST**" Interest, you better make sure that you get that in writing.!

So yes, there is a process. Then next you learn that NO one On Staff will **EVER** speak with you as to your child's Medical Condition or Situation unless they have been given expressed written consent as to being allowed to speak with you about your own child. That was shocking because just the day before we were managing all of our family medical appointments and decisions. And just one day or hours later our world would change and that was very frustrating at first.

The school and team communicated State/School Medical Requirement to our child and NOT to us. Our Child missed many points and did not understand the need to sign up under the School Medical Plan or provide proof of our plan. In fact, our plan did and could NOT apply or be applied to meet her State/School Requirements for out of state students. Please do NOT make this potentially costly mistake even if the school has to fund it by giving you an allowance in another area such as books allowing to then direct your funds to paying for that much needed/required, unexpected Medical plan that was dropped in your laps just seconds ago!

Make sure that you first focus on the Medical Requirements/Rules before anything else other than the Financials of the situation. YOUR NOW adult child will be focused on Dorms and Food and then the scheduling of their classes while meeting their new friends..

With all of that being said, the Coach and Coaching Staff should be a well-oiled machine and in order to NOT miss or skip a beat, will want to meet with and develop a relationship with their kids individually and as a team after meeting with you for your part of the formalities. Your kid – is NOW your adult Student Athlete and are NOT to be collusion with Helicopter Parents, but I suggest that you from behind the scenes continue to question everything serve as your student athletes Co-Pilot. Never Stop advising your child because your child is still your child, and many Coaches will **NEVER** speak with you again after your first visit and their

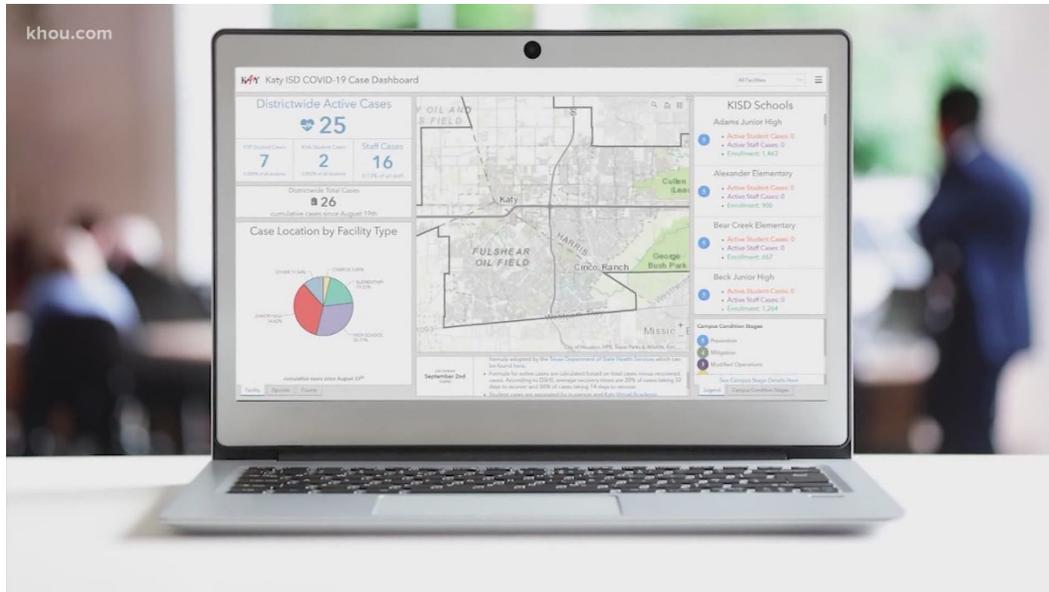
first and last meal with you. Yes, they have to put up with you to get to your child, but when they have that signature things will 100% change and change overnight!

So, please remember you were warned, thus should be better prepared than my family was! An just so you know Chaos will surround everything at some schools as the Coach or Staff may be new; supporting providers may have scheduling and/or equipment issues and tenured school staff may be leaving.



## **Colleges and Universities s immunizations**

To help prevent germs from spreading quickly in classrooms or communal living spaces, Both Public and Private Secondary Elementary; Middle and High Schools; Colleges; Universities and Technical Schools require incoming students to be up to date on certain vaccinations. Getting vaccinated is a safe and effective way to help you stay healthy. The back-to-school season is also a great time to make sure that you are up to date on all of the vaccinations recommended for you. Some schools offer vaccinations, so check with your school's or college's medical services or student health department. It is important to check your school's requirements before attending classes.



## DCPS COVID 19 Dashboard

YOU can visit the DCPS Covid-19 Dashboard ([Website](#)) to view daily reported daily Corona Virus Cases. The DCPS covid Dashboard shows the number of students and staff attending or working in brick-and-mortar schools with reported cases of COVID-19. Student cases are reported based on those attending in-person classes, as well as extra-curricular participants, and not those solely enrolled through virtual options. All data are provisional and subject to change based on confirmed updates. The dashboard is updated Monday – Friday by approximately 8 p.m.

# COVID-19 UPDATE



## **DCPS New COVID 19 Guidelines**

Governor Ron DeSantis was joined by State Surgeon General Joseph Ladapo and Education Commissioner Richard Corcoran to announce that the Florida Department of Health (DOH) issued a [new rule](#), empowering families to decide whether their healthy child should be taken out of school after an exposure to COVID.

**Emergency Rule 64DER21-15** prevents the unnecessary exclusion of healthy students from in-person schooling; safeguards the rights of parents and legal guardians and their children; provides health protocols for symptomatic or COVID-19 positive students; and provides opportunities for parents and legal guardians to choose which protocols to implement when their student has had direct contact with someone who tests positive for COVID-19. It is effective as of today, September 22, 2021.



## **DCPS Flu Vaccination and Immunizations**

Duval County Public Schools has partnered with Health Hero Florida to offer no-cost in-school flu vaccinations to your child during the school day.

**WHAT:** Beginning early October - November 2021, each district school will host an in-school flu vaccination event at no cost to families. To opt-in, parents must download and complete the [consent form](#). Contact your child's school for the exact date of that school's flu vaccination clinic.

**WHY:** Health Hero Florida makes immunizations available to every child in an effort to stop diseases like the flu in their tracks, and reduce absenteeism in schools. Flu season normally peaks between December and February, and can last all the way through May, so fall clinics are the perfect time for your child to receive a flu vaccine.



## **International Travel**

If you are competing in a tournament or sporting event for which you will receive no salary or payment from a U.S source, other than prize money, you will require a B-1 visa. If your proposed activities are not exactly as described, you will require an O or P visa.

If you are a service provider who is customarily employed by the athlete and not just hired to accompany him or her for this particular tournament, the athlete is competing in tournaments for prize money only and you will continue to be paid by your employer, you will require a B-1 visa.

A B-1 visa is also appropriate for a Service Provider customarily employed and paid by the Athlete/Team, who is a normal and necessary component of the entourage accompanying a Athlete who is competing for prize money only.

If the professional athlete is applying for an O or P visa, you should apply for an O-2 or P-1 visa to accompany him or her.



## PASSPORT & VISA INFORMATION

### Passports and Visas

#### Applying for your first [U.S. Passport](#)

[Home](#) / [U.S. Citizen Services](#) / [Citizenship Services](#) / [Applying for your first U.S. Passport](#)

Dual and multiple citizenship is permitted under U.S. law. **All U.S. citizens are required to enter and exit the United States using a valid U.S. passport.** If you have questions about which passport to use to enter and exit another country, contact the immigration authorities of that country.

#### **How to apply for your first U.S. passport**

If you were born in the United States or you have been officially documented as a U.S. citizen another way, but you have **never** been issued with a U.S. passport, follow these instructions to apply for your first U.S. passport.

**Step 1) [Gather your evidence of U.S. citizenship](#)**

**Step 2) [Complete the passport application form \(Form DS-11\)](#)**

**Step 3) [Take a U.S. passport photograph](#)**

**Step 4) [Assemble your documents](#)**

Step 5) Book an appointment

Step 6) Pay fees during the appointment

Step 7) Processing and delivery



## **Free Sports Physicals**

Start checking before the end of your summer vacation for DCPS Athletic Program sponsored access to Free Sports Physicals. Please pass the word to your peers and friends as all student athletes need a physical each year, they participate in DCPS sports or any programs that involve physical activity. Take advantage of this opportunity, it is 100% FREE.

At the beginning of each High School year, DCPS Buses from various DCPS High Schools will meet at the Front of School and/or other

designated spots to pick-up students and transport them to Nemours Clinic. Sports Physicals may also be given/conducted onsite at

designated DCPS Clinic sites/locations. Check for dates, times, and site locations well in advance (Late Summer).

**REMINDER:** Students must have their [Physical Forms](#) signed by their parents prior to the day of the physicals. The clinics will not be able to conduct the physicals without the signature of their parent or guardian. In the past this issue has a huge issue requiring parents to physically drive to the Administration Site to sign on the behalf of their Student Athlete. In fact, this Still continues to happen every year! So be prepared well in advance as many times parents are **NOT** even aware of this critical event requirement! We some parents pick up their Student Athletes they learn that their children were unable to be provided access to the Free Services which means time wasted; more time rescheduling needed Physicals; More stress; chaos; gas; time and effort transporting their NOW non-compliant Student Athletes to an approved site/medical facility which **100%** of the time is **NOT Free of Charge**.

Students and Parents can visit the [DCPS Athletics Page](#) of the Main DCPS Website or download directly from the [DCPS Participation Forms Page](#) or on [www.duvalschools.org](http://www.duvalschools.org) under the Athletics Tab. You can also pick up a copy of the physical form from the Main DCPS Office.



## **NCAA Drug Testing Guidelines**

The NCAA drug-testing program, along with clear policies and effective education, protects student-athletes who play by the rules by playing clean. The purpose of the drug-testing program is to deter student-athletes from using performance-enhancing drugs, and it impacts the eligibility of student-athletes who try to cheat by using banned substances. The NCAA tests for steroids, peptide hormones and masking agents year-round and also tests for stimulants and recreational drugs during championships. Member schools also may test for these substances as part of their athletics department drug-deterrence programs.

To learn more about specific medications or supplements that may be banned substances, visit [Drug Free Sport AXIS](#), (member login required) which provides up-to-date research on supplements and over-the-counter and prescription drugs. Click here to download and/or read [The NCAA Drug Testing Program Guide](#).

## **CDC Immunization Guidelines**



### **Why should my child get the chickenpox shot?**

Protects your child from chickenpox (varicella), a potentially serious and even deadly disease. Keeps your child from missing up to one week of school or childcare (and keeps you from missing work to care for your sick child).

### **What is chickenpox?**

Chickenpox is a disease that causes an itchy rash of blisters and a fever. A person with chickenpox may have as many as 500 blisters. The rash can spread over the whole body. **Chickenpox can be serious, even life-threatening**, especially in babies, adolescents, adults, pregnant women and people with weakened immune systems. Even healthy children can get really sick. Vaccinating kids at an early age is especially important to keep your children healthy.

### **When should my child get the chickenpox shot?**

Doctors recommend that your child get two chickenpox shots. Your child will need one dose at each of the following ages: [12-23 months](#) and [4-6 years](#)

### **What are the symptoms of chickenpox?**

Chickenpox usually causes the following symptoms: An itchy rash of blisters; Fever; Headache; Feeling tired. Symptoms usually last about a week. In some cases, chickenpox can cause serious problems.

### **Is chickenpox serious?**

Chickenpox can be serious. Complications from chickenpox can be serious and can occur in any person who develops chickenpox, although they are more common in healthy babies, adults, and people with weakened immune systems. About 9 out of 10 children who get 2 doses of the vaccine will be completely protected from chickenpox.

Chickenpox is usually mild in children, but the itching can be very uncomfortable. Children who get chickenpox can miss about a week of school or childcare. In some cases, chickenpox can cause serious problems, such as: Skin infections; Dehydration (loss of body fluids); Pneumonia (an infection in the lungs); Encephalitis (swelling of the brain).

Before the vaccine was available, about 4 million people got chickenpox each year in the United States, over 10,500 of those people were hospitalized, and about 100-150 people died.

### **How does chickenpox spread?**

Chickenpox is very contagious. If one person has it, about 9 out of 10 people close to that person who are not immune will also become infected. Chickenpox spreads easily, mainly when a person touches or breathes in the virus particles that come from chickenpox. It can also spread through tiny droplets that get into the air when someone who has chickenpox breathes or talks, for example. Chickenpox can spread 1 to 2 days before the infected person gets a rash until all the blisters have formed scabs.

### **Why not let my child get chickenpox naturally?**

Chickenpox is a mild disease for many children, but not all. **There's no way to know who will have a serious case.** When your child gets the chickenpox shots, he or she is getting immunity from chickenpox without the risk of serious complications of the disease.



# Diphtheria

## What is Diphtheria?

Most of us only know diphtheria as an obscure disease from long ago, thanks to the diphtheria vaccine babies get. This vaccine, called DTaP, provides protection against diphtheria, tetanus, and pertussis (whooping cough). While preventable, diphtheria does still exist. It can cause a thick covering in the back of the nose or throat that makes it hard to breathe or swallow. Diphtheria can also lead to heart failure, paralysis, and even death. Make sure to vaccinate to help keep this dangerous infection from your kids.

## When should my child get the diphtheria shot?

Doctors recommend that your child get DTaP vaccine and 1 booster dose of Tdap at the following ages: [1-2 months](#); [4 months](#); [6 months](#); [12-23 months](#); [4-6 years](#); and 11 or 12 years ([booster vaccine called Tdap](#))

## Why should my child get a diphtheria shot?

Protects against diphtheria, which can be very serious, as well as [tetanus](#), and [whooping cough \(pertussis\)](#). Prevents your child from developing a thick coating in the back of the nose or throat from diphtheria that can make it hard to breathe or swallow. Keeps your child from missing school or childcare, and you from missing work.

## Which vaccines protect against diphtheria?

**Two (2)** shots help protect children against diphtheria: DTaP and Tdap. Both also help protect against tetanus and whooping cough. These shots do not offer lifetime protection. People need booster shots to keep up protection.

### **Are Diphtheria shots safe?**

The diphtheria shots are safe and effective at preventing diphtheria. Vaccines like any medicine, can have side effects. These are usually mild and go away on their own.

### **What are the side effects?**

Most children don't have any [side effects](#) from DTaP or Tdap. The side effects that do occur are usually mild, and may include Redness, swelling, or pain where the shot was given; Fever; Vomiting and more serious side effects are very rare but with DTaP can include: A fever over 105 degrees; Nonstop crying for 3 hours or more; Seizures (jerking, twitching of the muscles, or staring); Some preteens and teens might faint after getting Tdap or any other shot. **To prevent fainting and injuries related to fainting**, adolescents should be seated or lying down during vaccination and remain in that position for 15 minutes after the vaccine is given.

### **What are the symptoms of diphtheria?**

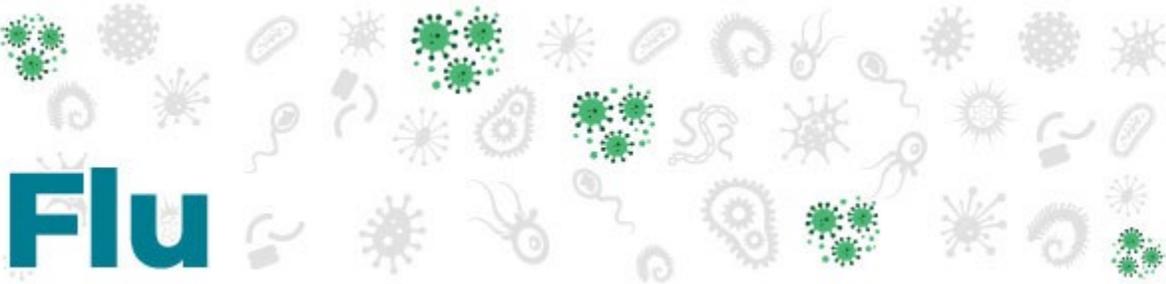
Diphtheria starts with a sore throat, mild fever (101 degrees or less), and chills. Next, it can cause a thick coating in the back of the nose or throat. The coating may be white or grayish and makes it hard to breathe or swallow.

### **Is Diphtheria serious?**

Diphtheria can be very serious. **In children younger than 5 years old, as many as 1 out of 5 children who get diphtheria dies.** About 1 out of 10 people who get diphtheria dies. The coating in the back of the nose or throat can get so thick that it blocks the airway, so the person can't breathe. The diphtheria toxin can affect the heart, causing an abnormal heart rhythms and even heart failure. It can also affect the nerves and lead to paralysis (unable to move parts of the body).

### **How does diphtheria spread?**

Diphtheria spreads when an infected person coughs or sneezes. A person who does not receive treatment can spread the disease for about 2 weeks after infection.



### **Why should my child get a flu vaccine?**

Reduces the risk of flu illness and hospitalization among children. Shown to be life-saving for children. Can make illness less severe among people who get vaccinated but still get sick with flu. Reduces the risk of illness, which can keep your child from missing school or childcare and you from having to miss work. Reduces the high risk of developing serious flu complication especially if your child is younger than 5 years, or of any age with certain chronic conditions. Helps prevent spreading flu to family and friends, including babies younger than 6 months who are too young to get a flu vaccine.

### **When should my child get a flu vaccine?**

Doctors recommend that your child get a flu vaccine every year in the fall, starting when he or she is 6 months old. Some children 6 months through 8 years of age may need 2 doses for best protection. CDC recommends a flu vaccine by the end of October, before flu begins spreading in your community. Getting vaccinated later, however, can still be beneficial and vaccination should continue to be offered throughout the flu season, even into January or later.

Children 6 months through 8 years getting a flu vaccine for the first time, and those who have only previously gotten one dose of flu vaccine, should get two doses of vaccine. The first dose should be given as soon as vaccine becomes available. If your child previously got two doses of flu vaccine (at any time), he only needs one dose of flu vaccine this season. CDC recommends a yearly flu vaccine for everyone ages six months and older. Pregnant women should get a flu vaccine during each

pregnancy. Flu vaccines given during pregnancy help protect both the mother and her baby from flu.

### **What vaccines protect against flu?**

For the 2020-2021 flu season, CDC recommends a yearly flu vaccination for everyone 6 months and older. **Flu shots** can be given to your child 6 months and older. **The nasal spray vaccine** can be given to people 2 through 49 years of age. However, certain people with underlying medical conditions should not get the [nasal spray vaccine](#). Your child's doctor will know which vaccines are right for your child.

### **Should I get vaccinated if I'm pregnant?**

Yes. Changes in your immune, heart, and lung functions during pregnancy make you more likely to get seriously ill from flu. CDC recommends pregnant women get a yearly seasonal flu shot by the end of October, if possible, to ensure best protection against flu. **You can be vaccinated during any trimester of your pregnancy.** Getting vaccinated **can also help protect your baby after birth from flu.** (Mom passes antibodies onto the developing baby during her pregnancy.)

### **Are Flu vaccines very safe?**

Flu vaccines have a good safety record. Hundreds of millions of Americans have safely received flu vaccines for more than 50 years, and there has been extensive research supporting the safety of flu vaccines. Vaccines, like any medicine, can have side effects. When they occur, flu vaccine side effects are generally mild and go away on their own within a few days.

### **What are the side effects?**

Common [side effects](#) from the **flu shot** may include: Soreness, redness, and/or swelling where shot was given; Headache; Fever; Nausea; Muscle aches; Side effects from the **nasal spray** flu vaccine may include: Runny nose; Wheezing; Headache; Vomiting; Muscle aches. If these problems occur, they usually begin soon after vaccination and are mild and short-lived. **To prevent fainting and injuries related to fainting,** adolescents

should be seated or lying down during vaccination and remain in that position for 15 minutes after the vaccine is given.

### **Why does my child need a flu vaccine every year?**

**Flu viruses are constantly changing**, so new vaccines are made each year to protect against the flu viruses that are likely to cause the most illness. Also, **protection provided by flu vaccination wears off over time**. Your child's flu vaccine will protect against flu all season, but they will need a vaccine again next flu season for best protection against flu.

### **What is flu?**

Flu—**short for influenza**—is an illness caused by influenza viruses. Flu viruses infect the nose, upper airways, throat, and lungs. Flu spreads easily and can cause serious illness, especially for young children, older people, pregnant women, and people with certain chronic conditions like asthma and diabetes.

Flu is a respiratory illness caused by the influenza virus that infects the nose, throat, and lungs. Flu can affect people differently based on their immune system, age, and health. Did you know that flu can be dangerous for children of any age? Flu symptoms in children can include coughing, fever, aches, fatigue, vomiting, and diarrhea. Every year in the United States, otherwise healthy children are hospitalized or die from flu complications. CDC estimates that since 2010, flu-related hospitalizations among children younger than 5 years have ranged from 7,000 to 26,000 in the United States. It's important to know that children younger than 6 months are more likely to end up in the hospital from flu, but are too young to get a flu vaccine. The best way to protect babies against flu is for the mother to get a flu vaccine during pregnancy and for all caregivers and close contacts of the infant to be vaccinated. Everyone 6 months and older needs a flu vaccine every year.

### **What are the symptoms of flu?**

Flu symptoms can include: Fever (**not everyone with flu will have a fever**) or feeling feverish/chills; Chills; Cough; Sore throat; Runny or stuffy

nose; Headache; Muscle or body aches; Tiredness and Vomiting and/or diarrhea (this is more common in children than adults). Most people who get sick with flu will recover in a few days to less than two weeks.

### **Is flu illness serious?**

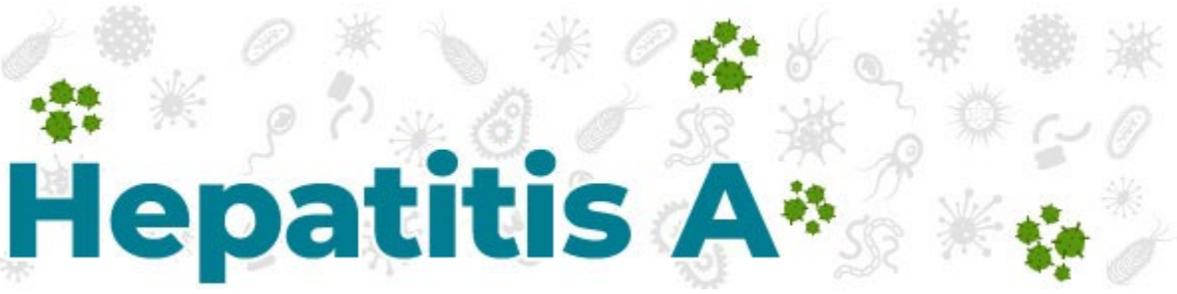
Millions of children get sick with flu each year and thousands are hospitalized. CDC estimates that since 2010, between 7,000 and 28,000 children younger than 5 years old have been hospitalized for flu each year in the United States. Children with chronic conditions like asthma, diabetes, and disorders of the brain or nervous system, and children younger than 5 years old (and especially children younger than 2 years old) are more likely to end up in the hospital from flu. Some people at high risk can develop complications (such as pneumonia) that can result in hospitalization and even death. **Flu seasons vary in how serious they are from one season to another.** Since 2010, CDC estimates that between 130 and 1,200 children (younger than 18 years) have died from flu each year.

### **How does flu spread?**

Flu spreads mainly by droplets when people who have flu talk, cough, or sneeze, and these droplets land in the mouths or noses of people who are nearby or are inhaled. Less often, a person might get flu by touching a surface or object that has flu virus on it and then touching their own mouth, nose, or possibly their eyes. People can spread flu to others from one day before they have symptoms to 5-7 days after they get sick. This can be longer in children and people who are very sick.

### **Can my child get flu from a flu vaccine?**

No, **flu vaccines do not cause flu.** Flu vaccines (given as a shot) are currently made in two ways: the vaccine is made either with flu viruses that have been 'inactivated' (killed) and are therefore not infectious, or using only a single gene from a flu virus (as opposed to the full virus) in order to produce an immune response without causing infection.



# Hepatitis A

## **Why should my child get the hepatitis A shot?**

Protects your child from hepatitis A, a potentially serious disease. Protects other people from the disease because children under 6 years old with hepatitis A usually don't have symptoms, but they often pass the disease to others without anyone knowing they were infected. Keeps your child from missing school or childcare and you from missing work.

## **When should my child get the hepatitis A shot?**

Your child will need two doses of the Hepatitis A shot for best protection. **One dose** at each of the following ages: [12 through 23 months](#); 6 months after last dose. The hepatitis A shot is safe. The hepatitis A vaccine is very safe, and it is effective at preventing the hepatitis A disease. Vaccines, like any medicine, can have side effects. These are usually mild and go away on their own.

## **What are the side effects?**

The most common [side effects](#) are usually mild and last 1 or 2 days. They include: Sore arm from the shot; Headache; Tiredness; Fever; Loss of appetite (not wanting to eat)

## **What is hepatitis A?**

Hepatitis A is a serious liver disease caused by the hepatitis A virus. Children with the virus often don't have symptoms, but they often pass the disease to others, including their unvaccinated parents or caregivers. These individuals can get very sick. The Hepatitis A vaccine was developed in 1995 and since then has cut the number of cases

dramatically in the United States. Hepatitis A is a contagious liver disease and is transmitted through person-to-person contact or through

contaminated food and water. Vaccinating against hepatitis A is a good way to help your baby stay Hep A-free and healthy!

### **What are the symptoms of hepatitis A disease?**

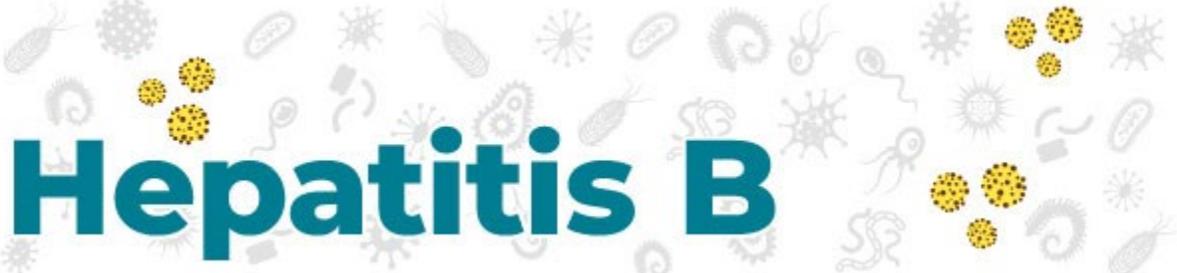
Children under 6 years old often have no symptoms. Older children and adults feel very sick and weak. Symptoms usually appear 2 to 6 weeks after a person gets the virus. The symptoms may include: Fever; Loss of appetite (not wanting to eat); Tiredness; Stomach pain; Vomiting; Dark urine; Yellow skin and eyes

### **Is it serious?**

Older children, adolescents and adults often feel sick, and symptoms can last for up to 6 months. There is no specific treatment for hepatitis A. Hepatitis A is a serious disease that used to be more common in the United States. In the 1980s, the United States used to see as many as 30,000 cases a year. Thanks to the vaccine, the number of hepatitis A cases in the United States has dropped by 95%.

### **How does hepatitis A spread?**

Hepatitis A virus is found in the stool (poop) of a person who has the virus. It spreads when a person puts something in his or her mouth that has the hepatitis A virus on it. Even if the item looks clean, it can still have virus on it that can spread to others. The amount of stool can be so tiny that it cannot be seen with the naked eye. You can get it by touching objects such as doorknobs or diapers or eating food that has the virus on it.



# Hepatitis B

## **Why should my baby get the hepatitis B shot?**

Protects your child from against hepatitis B, a potentially serious disease. Protects other people from the disease because children with hepatitis B usually don't have symptoms, but they may pass the disease to others without anyone knowing they were infected. Prevents your child from developing liver disease and cancer from hepatitis B. Keeps your child from missing school or childcare and you from missing work. The hepatitis B shot is safe. The hepatitis B shot is very safe, and is effective at preventing hepatitis B. Vaccines like any medicine, can have side effects. These are usually mild and go away on their own.

## **What are the side effects?**

The most common [side effects](#) of the hepatitis B vaccine are mild and include: Low fever (less than 101 degrees) or, Sore arm from the shot.

## **What is hepatitis B?**

Hepatitis B is a contagious liver disease caused by the hepatitis B virus. When a person is first infected with the virus, he or she can develop an "acute" (short-term) infection. Acute hepatitis B refers to the first 6 months after someone is infected with the hepatitis B virus. This infection can range from a very mild illness with few or no symptoms to a serious condition requiring hospitalization. Some people are able to fight the infection and clear the virus. For others, the infection remains and is "chronic," or lifelong. Chronic hepatitis B refers to the infection when it remains active instead of getting better after 6 months. Over time, the infection can cause serious health problems, and even liver cancer.

Did you know that worldwide more than 780,000 people per year die from complications to Hepatitis B? Hepatitis B is spread through blood or other bodily fluids. It's especially dangerous for babies, since the hepatitis B virus can spread from an infected mother to child during birth. About nine out of every 10 infants who contract it from their mothers become chronically infected, which is why babies should get the first dose of the hepatitis B vaccine shortly after birth. All pregnant women should be tested and all babies should be vaccinated.

### **What are the symptoms of hepatitis B disease?**

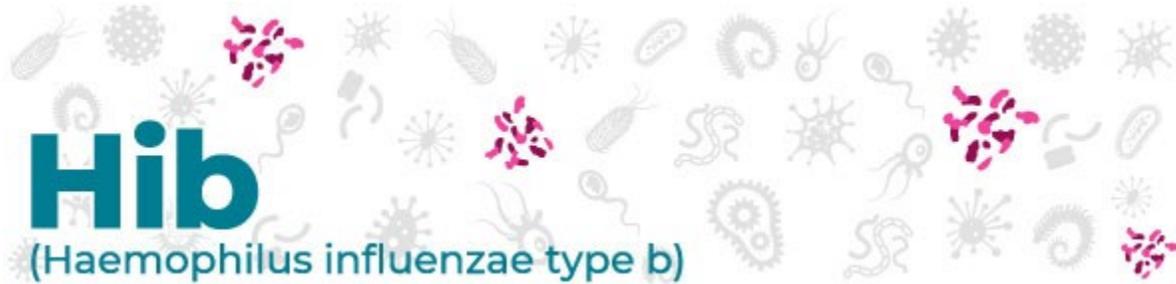
**Infants and young children usually show no symptoms.** Hepatitis B infection causes Loss of appetite (not wanting to eat); Fever; Tiredness; Pain in muscles, joints, and stomach; Nausea, diarrhea, and vomiting and Dark urine. These symptoms usually appear 3 or 4 months after a person gets the virus.

### **Is it serious?**

Hepatitis B can be very serious. Most people with a recent hepatitis B infection may feel sick for a few weeks to several months. Some people get over the illness. For other people, the virus infection remains active in their bodies for the rest of their life. Although people with lifelong hepatitis B usually don't have symptoms, the virus causes liver damage over time and could lead to liver cancer. There is no cure for hepatitis B, but treatment can help prevent serious problems. Hepatitis B can cause liver damage and cancer.

### **How does hepatitis B spread?**

Hepatitis B is spread through contact with blood of an infected person (even if they show no symptoms). At birth; Open cuts or sores; Sharing toothbrushes or other personal items; and Food chewed for a baby. Any infected family member or caregiver can pass the virus to your baby. The virus can live on objects for 7 days or more.



### **Why should my child get the Hib shot?**

Protects your child from Hib disease, which can cause lifelong disability and be deadly. Protects your child from the most common type of Hib disease, meningitis (an infection of the lining covering the brain and spinal cord). Keeps your child from missing school or childcare, and you from missing work. The Hib shot is safe. The Hib shot is safe and effective at preventing Hib disease. Vaccines like any medicine, can have side effects. These are usually mild and go away on their own.

### **What are the side effects?**

Most children don't have any [side effects](#) from the shot. The side effects that do occur are usually mild, and may include: Redness, swelling, warmth, or pain where the shot was given; and Fever

### **What is Hib disease?**

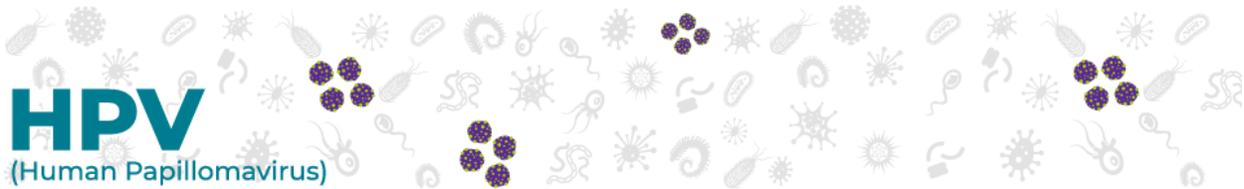
Babies and children younger than 5 years old are most at risk for Hib disease. It can cause lifelong disability and be deadly. Hib (or its official name, *Haemophilus influenzae* type b) isn't as well-known as some of the other diseases, thanks to vaccines. Hib can do some serious damage to a child's immune systems and cause brain damage, hearing loss, or even death. Hib mostly affects kids under five years old. Before the vaccine, over 20,000 kids were infected each year. That's about 400 yellow school busses worth of kids! Of these kids, one in five suffered brain damage or became deaf. Even with treatment, as many as one out of 20 kids with Hib meningitis

### **What are the symptoms of Hib disease?**

Hib disease causes different symptoms depending on which part of the body it affects. The most common type of Hib disease is meningitis. This is an **infection of the tissue covering the brain and spinal cord**. It causes: High fever; Confusion; Headache or stiff neck; Increased sensitivity to light; Poor eating and drinking, low alertness, or vomiting (in babies) Hib disease can also cause: Throat swelling that makes it hard to breathe; Joint infection; Skin infection; Pneumonia (**lung infection**) and Bone infection

### **Is it serious?**

Hib disease is very serious. Most children with Hib disease need care in the hospital. Even with treatment, as many as 1 out of 20 children with Hib meningitis dies. As many as **1 out of 5 children who survive Hib meningitis will have brain damage or become deaf**.



## When should my child get the shot?

**11-12 years:** Two doses of the HPV shot are needed, 6-12 months apart. If the shots are given less than 5 months apart, a 3<sup>rd</sup> dose is needed. If started after 15<sup>th</sup> birthday. Three doses of the HPV shot should be given over 6 months. If your teen hasn't gotten the vaccine yet, talk to his/her doctor about getting it as soon as possible. Your child can get the first dose of the HPV vaccine at the same visit they get vaccines to protect against meningitis and whooping cough.

## Why does my child need the HPV shot?

Protects against infections that can lead to certain cancers. Protects against abnormal cells that can lead to cancer (precancers) and the lasting effects of testing and treatment for these precancers. Protects your child long before they are ever exposed [to cancer-causing infections](#). The HPV shot is safe. The [HPV shot is very safe](#), and it is effective at protecting against HPV infection. Vaccines, like any medicine, can have side effects. These are usually mild and go away on their own. With over 135 million doses distributed in the United States, HPV vaccine has a reassuring [safety record](#) that's backed by over 15 years of monitoring and research.

## What are the side effects?

The most common [side effects](#) of the HPV vaccine are mild and include: Pain, redness, or swelling in the arm where the shot was given; Fever; Dizziness or fainting (fainting after any vaccine, including HPV vaccine, is more common among adolescents); Nausea; Headache or feeling tired and Muscle or joint pain. **To prevent fainting and injuries related to fainting**, adolescents should be seated or lying down during vaccination and for 15 minutes after the shot. It is important to tell the doctor or nurse if your child has any severe allergies, including an allergy to latex or yeast.

### **What is Human Papillomavirus (HPV)?**

HPV is a group of more than 150 related viruses that infect men and women. These common viruses infect about 13 million people, including teens, every year. Some HPV infections can lead to certain types of cancer.

### **Is it serious?**

While most HPV infections go away on their own, some infections that don't go away can cause: [Cervical, vaginal, and vulvar cancers](#) in women; [Penile cancer](#) in men; [Anal cancer](#) in both men and women; [Cancer of the back of the throat, including the base of the tongue and tonsils \(oropharynx\)](#) in both men and women; and [Genital warts](#). 85% of people will get an HPV infection in their lifetime. While there is screening for cervical cancer, there are no routine screening tests for these other types of HPV cancers, so they often aren't detected until they cause health problems.

Every year in the U.S.: **More than 4,000** women die of cervical every year in the U.S., even with screening and treatment. Nearly 36,000 men and women are diagnosed with a cancer caused by an HPV infection. Nearly **200,000** women are estimated to be diagnosed with a cervical precancer, or abnormal cells on the cervix that can lead to cancer. **Treatment for cervical cancers and precancers can limit women's ability to have children**

### **How do you get HPV?**

HPV is spread through intimate skin-to-skin contact. You can get HPV by having vaginal, anal, or oral sex with someone who has the virus. It is most commonly spread during vaginal or anal sex. HPV is so common that nearly all men and women get it at some point in their lives.

The word "Measles" is written in a large, bold, blue font. Above and around the text are numerous small, stylized icons of various viruses and bacteria, including spherical particles with spikes, rod-shaped organisms, and other complex structures, all in shades of blue and grey.

# Measles

## Why should my child get the MMR shot?

- Protects your child from measles, a potentially serious disease, as well as [mumps](#) and [rubella](#).
- Protects your child from getting an uncomfortable rash and high fever from measles.
- Keeps your child from missing school or child care and you from missing work.

The measles shot is safe. The measles shot is very safe and is effective at preventing measles. Vaccines, like any medicine, can have side effects. These are usually mild and go away on their own. **There is no link between the MMR shot and autism.** Scientists in the United States and other countries have carefully studied the MMR shot. None have found a link between autism and the MMR shot.

## What are the side effects of the shot?

Most children don't have any [side effects](#) from the shot. The side effects that do occur are usually mild and may include: Soreness, redness, or swelling where the shot was given; Fever; Mild rash and Temporary pain and stiffness in the joints. More serious side effects are rare. These may include high fever that could cause a seizure.

## What is measles?

[Measles is a serious respiratory disease](#) (in the lungs and breathing tubes). It causes a rash and fever. It is very contagious. In rare cases, it can be deadly. Did you know your child can get measles just by being in a room where a person with measles has been, even up to two hours after

that person has left? Measles is very contagious, and it can be serious, especially for young children. Because measles is common in other parts

of the world, unvaccinated people can get measles while traveling and bring it into the United States. Anyone who is not protected against measles is at risk, so make sure to stay up to date on your child's vaccines.

### **What are the symptoms of measles?**

Measles starts with a fever that can get very high. Some of the other symptoms that may occur are: Cough, runny nose, and red eyes. Rash of tiny, red spots that start at the head and spread to the rest of the body, Diarrhea and Ear infection

### **Is measles serious?**

Measles can be dangerous, especially for babies and young children. For some children, measles can lead to: Pneumonia (a serious lung infection); Lifelong brain damage; Deafness and Death

### **How does measles spread?**

Measles spreads when a person infected with the measles virus breathes, coughs, or sneezes. It is very contagious. You can catch measles just by being in a room where a person with measles has been, up to 2 hours after that person is gone. And you can catch measles from an infected person even before they have a measles rash. Almost everyone who has not had the MMR shot will get measles if they are exposed to the measles virus.

### **Is measles in the United States?**

Every year, unvaccinated U.S. residents get measles while they are abroad and bring the disease into the United States and spread it to others. Measles is common in other parts of the world, including countries in Europe, Asia, the Pacific Islands, and Africa. When people with measles travel into the United States, they can spread the disease to unvaccinated people including children too young to be vaccinated.

**How many measles cases are there in the United States each year?**

From year to year, measles cases can range from **roughly less than 100 to a couple hundred**. However, in some years, there were more measles

cases than usual. In 2019, 1282 people from 31 states were reported as having measles. These measles outbreaks are a key reminder of how quickly diseases can spread when children aren't vaccinated. Most of these people got measles in the United States after being exposed to someone who got measles while in another country.



### **When should my child get the meningococcal shot?**

**One dose** at each of the following ages: [11 - 12 years and 16 years](#). Teens may also get a MenB shot, preferably at ages 16-18 years. Multiple doses are needed for best protection. If you are interested, talk to child's doctor.

### **Why should my child get meningococcal shots?**

Protects against the bacteria that cause meningococcal disease. Protects your child from infections of the lining of the brain and spinal cord, as well as bloodstream infections. Protects your child from long-term disabilities that often come with surviving meningococcal disease.

### **What vaccines protect against meningococcal disease?**

Meningococcal conjugate (MenACWY) vaccine protects against four types (serogroups A, C, W, and Y) of *Neisseria meningitidis* bacteria. Serogroup B meningococcal (MenB) vaccine protects against one type (serogroup B) of *Neisseria meningitidis* bacteria.

### **Are Meningococcal shots safe?**

The meningococcal shots are safe and effective at preventing meningococcal disease. Vaccines like any medicine, can have side effects. These are usually mild and go away on their own.

### **What are the side effects?**

About half of people who get a MenACWY vaccine have mild [side effects](#) following vaccination: Redness or pain where they got the shot; Fever. These reactions usually get better on their own within 1 to 2 days, but serious reactions are possible. Following a MenB shot, more than half of people who get the vaccine will have mild problems: Soreness,

redness, or swelling where you got the shot; Tiredness (fatigue); Headache; Muscle or joint pain; Fever or chills and Nausea or diarrhea.

These reactions usually get better on their own within 3 to 5 days, but serious reactions are possible. Note that teens can get both meningococcal vaccines during the same visit, but in different arms. Some preteens and teens might faint after getting a meningococcal vaccine or any other shot.

### **What is meningococcal disease?**

Meningococcal disease can refer to any illness caused by a type of bacteria called *Neisseria meningitidis*, also known as meningococcus [muh-ning-goh-KOK-us]. Meningococcal disease is not very common in the United States, but teens and young adults are at increased risk. The two most common types of infections are Infections of the lining of the brain and spinal cord (meningitis) and Infections of the bloodstream

### **What are the symptoms?**

Symptoms are usually sudden onset of fever, headache, and stiff neck. It can start with symptoms similar to flu, and will often also cause nausea, vomiting, increased sensitivity to light, rash, and confusion.

### **Is meningococcal disease serious?**

Meningococcal meningitis and bloodstream infections can be very serious, even deadly. The infections progress quickly. Someone can go from being healthy to very ill in 48 hours or less. Even if they get treatment, about 10 to 15 out of 100 people with meningococcal disease will die from it. Long-term disabilities from having meningococcal disease include loss of limbs, deafness, nervous system problems, and brain damage.

### **How do you get meningococcal disease?**

Meningococcal bacteria spread through saliva or spit, usually through: Close contact, like when a person who has the bacteria in their nose or throat coughs on or kisses someone. Ongoing contact, like living with a

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person who has the bacteria in their nose or throat (for example, same household, college residence halls, military barracks)



### **When should my child get the MMR shot?**

**One dose** at each of the following ages: **12 – 15 months and 4 – 6 years**  
Before traveling to another country, infants 6 to 11 months should get 1 dose of the MMR shot.

### **Why should my child get the MMR shot?**

Protects your child from mumps, a potentially serious disease, as well as **measles** and **rubella**. Protects your child from getting a fever and swollen glands under the ears or jaw from mumps. Keeps your child from missing school or childcare and you from missing work. Almost everyone who has not had the MMR shot will get mumps if they are exposed to the mumps virus.

### **Is The MMR shot safe.?**

The MMR shot is very safe, and is effective at preventing mumps. Vaccines like a medicine, can have side effects. These are usually mild and go away on their own. **There is no link between the MMR shot and autism.** Scientists in the United States and other countries have carefully studied the MMR shot. None have found a link between autism and the MMR shot.

### **What are the side effects of the shot?**

Most children don't have any **side effects** from the shot. The side effects that do occur are usually mild, and may include: Soreness, redness, or swelling where the shot was given; Fever; Mild rash and Temporary pain

and stiffness in the joints. More serious side effects are rare. These may include high fever that could cause a seizure.

### **What is mumps?**

Mumps is best known for causing puffy cheeks and a swollen jaw. This is due to swelling of the salivary glands. Other symptoms include fever, head and muscle aches, and tiredness. Mumps is a contagious disease and there is no treatment. Mumps is still a threat today—every year, people in the United States get mumps. In recent years, mumps outbreaks have occurred in settings where there was close, extended contact with infected people, such as being in the same classroom or playing on the same sports team. The MMR vaccine protects you and your family against mumps, measles, and rubella.

### **What are the symptoms of mumps?**

Mumps usually causes the following symptoms for about 7 to 10 days: Fever; Headache; Muscle aches; Tiredness; Loss of appetite (not wanting to eat) and Swollen glands under the ears or jaw. **Some people who get mumps do not have symptoms.** Others may feel sick but will not have swollen glands.

### **Is it serious?**

Mumps can be dangerous. Before there was a vaccine, mumps was one of the most common causes of deafness and meningitis. Mumps can also lead to encephalitis. In most children, mumps is pretty mild. But it can cause serious, sometimes lasting problems, including: Meningitis (swelling of the tissue covering the brain and spinal cord); Deafness (temporary or permanent); Encephalitis (swelling of the brain); Orchitis (swelling of the testicles) in males who have reached puberty and Oophoritis (swelling of the ovaries) and/or mastitis (swelling of the breasts) in females who have reached puberty. In rare cases, mumps is deadly.

### **How does mumps spread?**

Mumps is a contagious disease caused by a virus. It spreads through direct contact with saliva or respiratory droplets from the mouth, nose, or throat. An infected person can spread the virus by coughing, sneezing, or talking; sharing items that may have saliva on them, such as water bottles or cups; participating in close-contact activities with others, such as playing sports, dancing, or kissing; touching objects or surfaces with unwashed hands that are then touched by others. An infected person can likely spread mumps from two days before their salivary glands begin to swell to up to five days after the swelling begins. A person with mumps should limit their contact with others during this time. For example, stay home from school and do not attend social events.

A graphic featuring the word "Pneumococcal" in a large, bold, teal font. The text is surrounded by various stylized icons of bacteria and viruses in shades of grey and red. The background is white with a subtle pattern of these icons.

# Pneumococcal

## **When should my child get the pneumococcal shot?**

**One dose** at each of the following ages: **2 months**; **4 months**; **6 months** and **12 – 15 months**

## **Why should my child get the pneumococcal shot?**

Protects your child from against potentially serious, and even deadly infections cause by pneumococcal disease, like pneumococcal meningitis (infection of the tissue covering the brain and spinal cord) and pneumonia (lung infection). Keeps your child from missing school or childcare and you from missing work.

## **Is The pneumococcal shot safe?**

The pneumococcal shot is safe and effective at preventing pneumococcal disease. Vaccines like any medicine, can have **side effects**. These are usually mild and go away on their own.

## **What types of pneumococcal vaccines are there?**

All babies and young children should receive the pneumococcal conjugate vaccine (PCV13). Some children with medical conditions should also receive the pneumococcal polysaccharide vaccine (PPSV23). The number of doses depends on the medical condition. Talk to your child's doctor about which vaccines they recommend.

## **What are the side effects?**

Most children don't have any **side effects** from the shot. The side effects that do occur are usually mild, and may include: Fussiness;

Feeling tired; Loss of appetite (not want to eat); Redness, swelling, or soreness where the shot was given; Fever or chills and Headache

### **What is pneumococcal disease?**

Pneumococcal disease can cause infections of the ears, lungs, blood, and brain. This disease is caused by bacteria called *Streptococcus pneumoniae*. It causes ear infections, sinus infections, pneumonia, and even meningitis, making it very dangerous for children. The germs can invade parts of the body—like the brain or spinal cord—that are normally free from germs. Make sure you keep kids safe from this dangerous disease by vaccinating. It is often mild, but can cause serious symptoms, lifelong disability, or death. Children younger than 2 years old are among those most at risk for the disease. Treatment with penicillin and other drugs is not as effective as it used to be, because some strains of the disease have become resistant to these drugs. This makes prevention of the disease, through vaccination, even more important.

### **What are the symptoms?**

There are many types of pneumococcal disease. Symptoms depend on the part of the body it affects.

- Pneumococcal pneumonia** (lung infection) causes: Fever or chills; Cough; Rapid breathing or difficulty breathing and Chest pain
- Pneumococcal meningitis** (infection of the lining of the brain and spinal cord) causes: Stiff neck or headache; High fever; Increased sensitivity to light; Confusion and In babies, meningitis may cause poor eating and drinking, low alertness, or vomiting.
- Pneumococcal Disease** causes up to half of middle ear infections (otitis media). Symptoms are ear pain; a red, swollen ear drum; or sometimes, fever or sleepiness. Blood infection (bacteremia and sepsis) from pneumococcal disease can cause fever, chills, or low alertness.

**Is it serious?**

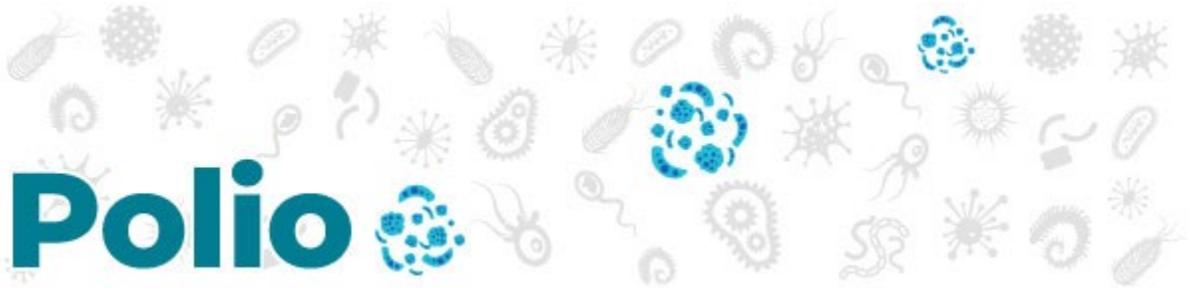
Pneumococcal disease ranges from mild to very dangerous. About **2,000** cases of serious disease (bacteremia, pneumonia with bacteremia, and meningitis) occur each year in children under 5 years old in the United States. These illnesses can lead to disabilities like deafness, brain damage, or loss of arms or legs. About 1 out of 12 children who get pneumococcal meningitis dies.

**How is it spread?**

Pneumococcal disease spreads when an infected person coughs or sneezes. Some children may not even feel sick, but they could have the bacteria in their noses and throats. These children can still spread pneumococcal disease.

**Do children in the United States still get pneumococcal disease?**

Yes. Each year in the United States, pneumococcal disease causes thousands of cases of pneumonia and ear infections. Without vaccines, there would be many more cases. Among children, those younger than 2 years old are most likely to have a serious case of pneumococcal disease.



### **When should my child get the polio shot?**

Your child will need **one dose** at each of the following ages: [2 months](#); [4 months](#); [6 – 18 months](#) and [4 – 6 years](#)

### **Why should my child get the polio shot?**

Protects your child from polio, a potentially serious disease. Protects your child from developing lifelong paralysis from polio.

### **Is The polio shot safe?**

The polio shot is very safe, and is effective at preventing polio. Vaccines like any medicine, can have [side effects](#). These are usually mild and go away on their own.

### **What are the side effects?**

Redness, swelling, or pain where the shot was given

### **What is polio? (#1. Polio)**

Polio, or poliomyelitis, is a disabling/crippling and life-threatening disease caused by the poliovirus. The virus spreads from person to person and can invade an infected person's brain and spinal cord, causing paralysis (can't move parts of the body). Paralysis caused by poliovirus occurs when the virus replicates in and attacks the nervous system. The paralysis can be lifelong, and it can be deadly. It most often sickens children younger than 5 years old. Polio was eliminated in the United States with vaccination, and continued use of polio vaccine has kept this country polio-free. But polio is still a threat in some other countries.

Making sure that infants and children are vaccinated is the best way to prevent polio from returning.

### **What are the symptoms of polio infection?**

Most people who get infected with poliovirus do not have any symptoms. Some people (**25 people out of 100**) will have flu-like symptoms. These symptoms usually last 2 to 5 days. In rare cases, poliovirus infection can be very serious. About 1 out of 200 people will have weakness or paralysis in their arms, legs, or both. This paralysis or weakness can last a lifetime.

### **Is it serious?**

The risk of lifelong paralysis is very serious. Even children who seem to fully recover can develop new muscle pain, weakness, or paralysis as adults, **15 to 40** years later. About **2 to 10** children **out of 100** who have paralysis from polio die because the virus affects the muscles that help them breathe.

### **How does polio spread?**

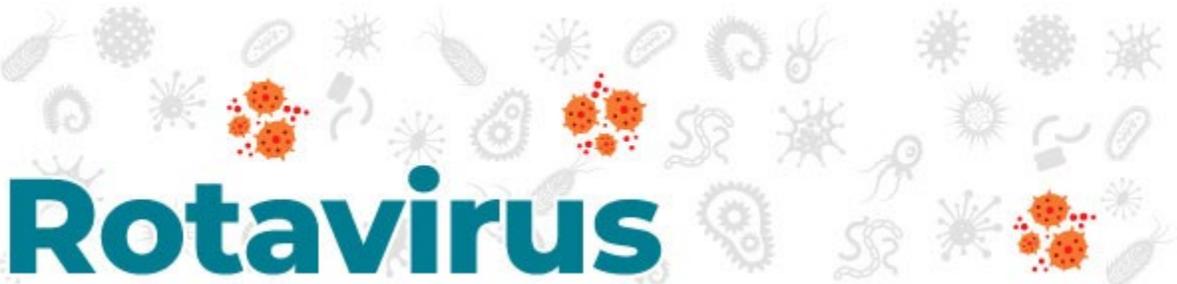
Poliovirus is **very contagious**. It spreads through contact with: the stool (poop) of an infected person; droplets from a sneeze or cough of an infected person. If you get stool or droplets from an infected person on your hands and you touch your mouth, you can get infected. Also, if your child puts objects, like toys, that have stool or droplets on them into their mouth, they can get infected. An infected person may spread the virus to others immediately before and up to 2 weeks after symptoms appear. The virus may live in an infected person's stool for many weeks. He or she can contaminate food and water when they touch it with unwashed hands. People who don't have symptoms can still pass the virus to others and make them sick.

### **Do people still get polio in the United States?**

No, thanks to a successful vaccination program, the United States has been polio-free for more than 30 years, but **the disease still occurs in other parts of the world**. It would only take one person with polio traveling from another country to bring polio back to the United States.

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Children who will be traveling to a [country where the risk of getting polio](#) should complete the series of shots before leaving for their trip. If a child cannot complete the routine series before leaving, a [polio accelerated schedule](#) is recommended.

The background of the page features a collection of stylized virus particles in various shapes and colors, including orange, red, and grey, scattered across the upper half. The word "Rotavirus" is written in a large, bold, blue font, centered below the virus illustrations.

# Rotavirus

## **When should my baby get the drops?**

Your baby should get either of the two available rotavirus vaccines: RotaTeq® (RV5) is given in three doses at ages 2 months, 4 months, and 6 months or [1-2 months](#); [4 months](#) and [6 months](#) (if they get the RotaTeq vaccine). Rotarix® (RV1) is given in two doses at ages 2 months, and 4 months. There are two brands of rotavirus vaccine: RotaTeq® and Rotarix®. Both brands of the rotavirus vaccines are given by mouth (drops), not by a shot

## **Why should my baby get the rotavirus drops?**

Protects your baby from rotavirus, a potentially serious disease.  
Protects your baby from developing diarrhea, vomiting, and stomach pain caused by rotavirus. Keeps your child from missing school or childcare and you from missing work.

## **Is The rotavirus vaccine safe?**

The rotavirus vaccine is very safe and effective at preventing rotavirus. Vaccines, like any medicine, can have [side effects](#). These are usually mild and go away on their own.

## **What are the side effects?**

[Side effects](#) are rare, usually mild, and may include fussiness, diarrhea, and vomiting. Some studies have shown a small rise in cases of intussusception within a week after the first or second dose of rotavirus vaccine. [Intussusception](#) is a type of bowel blockage that is treated in a hospital. Some babies might need surgery. Studies estimate a risk ranging

from about 1 intussusception case in every **20,000** infants to 1 intussusception case in every **100,000** infants after vaccination.

### **What is rotavirus?**

Rotavirus causes severe diarrhea and vomiting. It affects mostly babies and young children. Diarrhea and vomiting can lead to serious dehydration (loss of body fluid). If dehydration is not treated, it can be deadly.

### **What are the symptoms of rotavirus?**

Rotavirus symptoms include: Fever; Watery diarrhea; Vomiting; Stomach pain; Diarrhea and vomiting can last for three to eight days. Children may stop eating and drinking while they are sick.

### **Is rotavirus serious?**

Rotavirus can be very harmful. **Diarrhea, vomiting, and fever can cause a loss of body fluids.** This leads to dehydration, which can be very dangerous, especially for babies and young children. Some children need an IV (needle in their vein) in the hospital to replace lost fluids.

### **How does rotavirus spread?**

Rotavirus commonly spreads in families, hospitals, and childcare centers. People who are infected with rotavirus shed the virus in their poop. If you get rotavirus particles in your mouth, you can get sick. This can happen if you touch contaminated objects or surfaces and then put your fingers in your mouth. Put your unwashed hands that are contaminated with poop into your mouth. Eat contaminated food. **Rotavirus can survive on objects for several days.** It is very difficult to stop its spread just by hand washing or disinfecting surfaces. The best way to protect young children from rotavirus is to get them vaccinated.



### **When should my child get the MMR shot?**

**One dose** at each of the following ages: **12 – 15 months and 4 – 6 years;** Before traveling to another country, infants 6 to 11 months should get 1 dose of the MMR shot.

### **Why should my child get the rubella shot?**

Protects your child from rubella, a potentially serious disease, as well as **measles** and **mumps**. Prevents your child from spreading rubella to a pregnant woman whose unborn baby could develop serious birth defects or die if the mother gets rubella. Prevents your child from getting a rash and fever from rubella. Keeps your child from missing school or childcare and you from missing work to care for your sick child.

### **Is The MMR shot is safe?**

The MMR shot is very safe, and is effective at preventing rubella. Vaccines like a medicine, can have **side effects**. These are usually mild and go away on their own. **There is no link between the MMR shot and autism.** Scientists in the United States and other countries have carefully studied the MMR shot. None has found a link between autism and the MMR shot.

### **What are the side effects of the shot?**

Most children don't have any side effects from the shot. The **side effects** that do occur are usually very mild, and may include: Fever; Soreness, redness, or swelling where the shot was given; Temporary pain and stiffness in the joints (mostly in teens and adults) and Mild rash  
More serious side effects are rare. These may include high fever that could cause a seizure.

### **What is rubella?**

Rubella, sometimes called "**German measles,**" is a disease caused by a virus. The infection is usually mild with fever and a rash. Rubella is spread by coughing and sneezing. It is especially dangerous for a pregnant woman and her developing baby. If an unvaccinated pregnant woman gets infected with rubella, she can have a miscarriage, or her baby could die just after birth. Also, she can pass the disease to her developing baby who can develop serious birth defects. Make sure you and your child are protected from rubella by getting vaccinated on schedule.

### **Are you planning a pregnancy?**

Even before becoming pregnant, make sure you are up to date on all your vaccines. If you aren't up to date, you'll need the MMR vaccine before you get pregnant. Infection during pregnancy can cause miscarriage, or birth defects like deafness, blindness, intellectual disability, heart defects, and liver or spleen damage. If you are not up to date on MMR vaccine, but you are already pregnant, consult your healthcare provider about ways to reduce your risk of exposure to rubella.

### **What are the symptoms of rubella?**

In children, rubella usually causes the following symptoms that last 2 or 3 days: Rash that starts on the face and spreads to the rest of the body. Low fever (less than 101 degrees). Before the rash appears, older children and adults may also have: Swollen glands; Cough, runny nose, and redness or swelling of the white of the eye and Aching joints (especially in young women).

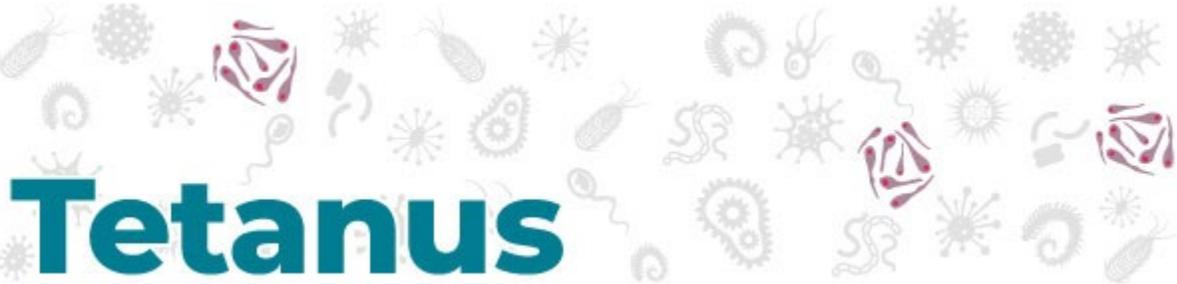
### **About half of the people who get rubella do not have symptoms.**

#### **Is rubella serious?**

Rubella is usually mild in children. Complications are not common, but they occur more often in adults. In rare cases, rubella can cause serious problems, including brain infections and bleeding problems.

### **How does rubella spread?**

Rubella spreads when an infected person coughs or sneezes and touches objects or surfaces with unwashed hands. The disease is most contagious when the infected person has a rash. But it can spread **up to 7** days before the rash appears and **up to 7** days after. People without symptoms can still spread rubella. Rubella is rare in the United States but can be brought to the U.S. by travelers.



# Tetanus

## When should my child get the tetanus shot?

5 doses of DTaP and 1 booster dose of Tdap at the following ages: **2 months; 4 months; 6 months; 15 – 18 months; 4 – 6 years and 11 – 12 years (booster vaccine called Tdap)**

## Why should my child get a tetanus shot?

Protects your child from tetanus, which can be a serious disease, as well as [diphtheria](#) and [whooping cough](#) (pertussis). Protects your child from painful muscle stiffness from tetanus. Keeps your child from missing school or childcare, and you from missing work.

## What vaccines protect against tetanus?

There are 2 vaccines that help protect children against tetanus: DTaP and Tdap. Both also protect against diphtheria and whooping cough. These shots do not offer lifetime protection. People need booster shots to keep up protection.

## Are Tetanus shots safe?

The tetanus shots are safe and effective at preventing tetanus. Vaccines like any medicine, can have side effects. These are usually mild and go away on their own.

## What are the side effects?

Most children don't have any [side effects](#) from DTaP or Tdap. The side effects that do occur are usually mild, and may include: Redness, swelling, or pain where the shot was given; Fever; and Vomiting. More serious side effects are very rare but with DTaP can include: A fever over

105 degrees; Nonstop crying for 3 hours or more and Seizures (jerking, twitching of the muscles, or staring). Some preteens and teens might faint after getting Tdap or any other shot. **To prevent fainting and injuries related to fainting**, adolescents should be seated or lying down during vaccination and remain in that position for 15 minutes after the vaccine is given.

### **What are the symptoms of tetanus?**

The first sign is most commonly spasms of the muscles of the jaw, or "lockjaw"; Jaw cramping; Sudden, involuntary muscle tightening (muscle spasms) – often in the stomach; Painful muscle stiffness all over the body; Trouble swallowing; Jerking or staring (seizures); Headache; Fever and sweating and Changes in blood pressure and heart rate.

### **What is tetanus? (#2)**

Tetanus is a serious disease caused by a toxin (poison) made by bacteria. Tetanus causes painful muscle stiffness and lockjaw and can be fatal. Parents still to warn kids about tetanus every time they scratch, scrape, poke, or slice themselves on something metal. Nowadays, the tetanus vaccine is part of a disease-fighting vaccine called DTaP, which provides protection against tetanus, diphtheria, and pertussis (whooping cough). When the tetanus bacteria invade the body, they produce a poison (toxin) that causes painful muscle contractions. Another name for tetanus is "lockjaw". It often causes a person's neck and jaw muscles to lock, making it hard to open the mouth or swallow.

### **Is it serious?**

Tetanus is very dangerous. It can cause breathing problems, muscle spasms, and paralysis (unable to move parts of the body). Muscle spasms can be strong enough to break a child's spine or other bones.

It can take months to recover fully from tetanus. A child might need weeks of hospital care. As many as 1 out of 5 people who get tetanus dies.

### **How could my child get tetanus?**

Stepping on nails or other sharp objects is one way people are exposed to the bacteria that cause tetanus. These bacteria are in the environment and get into the body through Tetanus is different from other vaccine-preventable diseases because **it does not spread from person to person**. Tetanus bacteria are **found in soil, dust, and manure**. It gets into the body through breaks in the skin, including: Punctures, cuts, or sores on the skin; Burns and Animal bites.



# Whooping Cough

(Pertussis)

## When should my child get the whooping cough shot?

5 doses of DTaP vaccine and 1 booster dose of Tdap at the following ages:  
**2 months; 4 months; 6 months; 15 – 18 months; 4 – 6 years and 11 – 12 years (booster vaccine called Tdap)**

## Why should my child get a whooping cough shot?

Helps protect your child from whooping cough, a potentially serious and even deadly disease, as well as [diphtheria](#) and [tetanus](#). Helps prevent your child from having violent coughing fits from whooping cough. Helps protect your newborn when she is most vulnerable to serious disease and complications. Keeps your child from missing school or childcare and you from missing work.

## What vaccines protect against whooping cough?

There are 2 vaccines that help protect children against whooping cough: DTaP and Tdap. Both also protect against diphtheria and tetanus. These shots do not offer lifetime protection.

## Are Whooping cough shots safe?

Whooping cough shots are safe and effective at preventing whooping cough. Vaccines like any medicine, can have side effects. These are usually mild and go away on their own.

## What are the side effects?

Most children don't have any [side effects](#) from DTaP or Tdap. The side effects that do occur are usually mild, and may include: Redness, swelling, or pain where the shot was given; Fever and Vomiting. More

serious side effects are very rare but with DTaP can include: A fever over 105 degrees; Nonstop crying for 3 hours or more and Seizures (jerking, twitching of the muscles, or staring). Some preteens and teens might faint after getting Tdap or any other shot. **To prevent fainting and injuries related to fainting**, adolescents should be seated or lying down during vaccination and remain in that position for 15 minutes after the vaccine is given.

### **What is whooping cough?**

Whooping cough is a very serious respiratory (in the lungs and breathing tubes) infection. It is caused by *Bordetella pertussis* bacteria. It can cause violent coughing fits. Whooping cough is most harmful for young babies and can be deadly. Whooping cough can cause uncontrollable, violent coughing, which often makes it hard to breathe. Its "whooping" name comes from the sharp breath intake sound right *after* a coughing fit. In babies, this disease also can cause life-threatening pauses in breathing with no cough at all. Whooping cough is especially dangerous to babies who are too young to be vaccinated themselves. Mothers should get the whooping cough vaccine during each pregnancy to pass some protection to their babies before birth. It is very important for your baby to get the whooping cough vaccine on time so he can start building his own protection against the disease. Since 2010, between 15,000 and 50,000 cases of whooping cough were reported each year in the United States, with cases reported in every state.

### **What are the symptoms of whooping cough?**

Whooping cough usually starts with the following symptoms: Runny nose; Mild cough and a pause in breathing in babies (apnea). Children and babies may then begin to develop these more serious problems: Coughing very hard, over and over. These coughing fits happen more at night. Gasping for breath after a coughing fit. They may make a "**whooping**" sound. This sound is where the name "**whooping cough**" comes from. Babies may not cough or make this sound—they may gag, gasp, or stop breathing. Difficulty breathing, eating, drinking, or sleeping. Turning blue from lack of oxygen. Vomiting after coughing fits. Coughing

fits can last for up to 10 weeks or more, and sometimes happen again the next time the child has a respiratory illness.

### **Is it serious?**

Whooping cough is most dangerous for babies and young children. In fact, babies younger than 1 year old who have whooping cough may: Need to be cared for in the hospital; Develop pneumonia (a serious lung infection) and Have seizures and Suffer brain damage. Women can get Tdap during pregnancy to pass whooping cough protection to their babies. This helps protect babies until they can start getting their own whooping cough shots. [Learn more...](#) Whooping cough can even be deadly. About 7 in 10 deaths from whooping cough are among babies younger than 2 months old. These babies are too young to get whooping cough shots.

### **How does whooping cough spread?**

Whooping cough spreads easily through the air when a person who has whooping cough breathes, coughs, or sneezes. Almost everyone who is not immune to whooping cough will get sick if exposed to it. A person can spread the disease from the very beginning of the sickness (when he has cold-like symptoms) and for at least 2 weeks after coughing starts. Since symptoms can be mild for some people, your baby can catch whooping cough from adults, grandparents, or older brothers or sisters who don't know they have the disease.

### **Do people still get whooping cough in the United States?**

Before the whooping cough vaccines were recommended for all infants, about 8,000 people in the United States died each year from whooping cough. Today, because of the vaccine, this number has dropped to fewer than 20 per year. But, cases of whooping cough have been increasing over the past several years, and outbreaks of whooping cough can occur.



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